

# Lamar Institute of Technology

## EMPLOYEE ASSISTANCE PROGRAM

Confidential Services for All Employees and Dependents at No-Cost

### Employee Assistance Program

- Employee and dependents can access up to 6 in-person/teletherapy sessions per issue, per family, per provider, per plan year
- Network of qualified/licensed professional therapists in your area
- Access to legal and financial consultations
- Online work/life resources and support
- Online health and wellness self-help tools and resources
- Online Cognitive Behavior Therapy

### Advantages

- Referrals to therapist that fit your needs and special requests
- Assistance with a new referral if not satisfied with initial therapist after 1-2 sessions. All sessions will be available for new referral.
- Routine non-urgent appointments scheduled within 3-5 days
- No health claims filing /co-pays, deductibles, or co-insurance for services
- Access to a Crisis Counselors 24/7 (after hours automated system –Option 7)

### How do I Access the Program

- Call Interface Behavioral Health Monday—Friday, 7:30am-6:00pm CT
- Visit the member website and submit an online request (response within 24hours,M-F)



800-324-4327

Member website [www.4eap.com](http://www.4eap.com)

Username: LIT

Password: B99

Dear Member,

Effective January 1, 2023, Lamar Institute of Technology will implement a new Employee Assistance Program (EAP). This benefit provides free and confidential services and resources designed to help you and your family.

### What Assistance is Available?

#### Counseling Services

*Provided by licensed clinicians*

- Grief & Loss
- Stress Management
- Alcohol/Substance Use
- Martial/Relationships
- Anxiety
- Depression
- Personal Growth
- Trauma
- Anger Management
- Workplace Concerns
- Work-Life Balance
- Behavioral Change

#### Life Management Services

- Financial Consultations
- Legal Consultations and Documents
- Elder Care Resources and Assistance
- Child Care Resources and Assistance
- College and School Assistance
- Adoption Assistance
- Pet Care Assistance

### Benefits of Using Your EAP

- **NO-COST**-Counseling and life management services offered at no cost to you
- **CONFIDENTIAL**-Services are confidential to the extent permitted by law
- **NOT REPORTED**-Individual use of your EAP is not reported to your employer or anyone without your written consent
- **FAMILY MEMBERS ARE ELIGIBLE**-Your EAP is available to you and your eligible family members

### 3 EASY STEPS TO USING YOUR EAP

1

Call 800-324-4327

or submit an online request form through our member site [www.4eap.com](http://www.4eap.com)

2

Speak confidentially

with an intake specialist about your situation or request

3

Receive professional support

to assist you with the right referral in resolving work and life issues

**CALL YOUR EAP TODAY  
TO GET STARTED**