

Sarah Lawrence College

Employee Assistance Program

Sarah Lawrence College has partnered with The Wellness Corporation to create a comprehensive employee assistance program that provides professional support for issues that can affect your personal and work life.

- Up to 3 free face-to-face PERSONAL COUNSELING SESSIONS per issue per year per household.
- Free, telephonic PERSONAL LEGAL CONSULTATION and reduced rate, face-to-face referrals.
- Free, telephonic FINANCIAL CONSULTATION if you need answers to questions about financial planning and investments vehicles and strategies.
- Debt management and consolidation through BUDGET AND DEBT CONSULTATION.
- WORK/LIFE REFERRALS for child care, elder care and much more.
- Help with transitioning back to work through the NEW PARENT TRANSITION PROGRAM.
- ONLINE RESOURCES at www.wellnessworklife.com.

Schedule a Confidential Appointment

Call toll-free: 1-800-828-6025 for routine and urgent issues. Master's-level counselors are available to take your call 24/7.

Confidential Personal Counseling

The EAP provides confidential in-person assessment and short-term counseling by local professionals for any issue that causes concern.

There is no cost for up to three sessions per concern whether you are faculty, staff or a dependent or household member of a SARAH LAWRENCE COLLEGE employee. You may receive additional referrals and resources after in-person counseling.

Legal Consultation Services

You can receive a free 30-minute telephone or in-person consultation with a local attorney, with a 25% reduction in fees if that network attorney is retained. Areas covered include:

- Civil and Consumer Issues
- Personal and Family Services
- Financial Matters

- Real Estate
- Criminal Matters
- IRS Issues
- Consumer Credit Services
- Estate Planning

Financial Consultation Services

You can receive a free 30-minute telephone consultation with a certified financial professional on these topics:

- College Funding
- Charitable Giving
- Life Insurance Needs
- Retirement Planning
- Deferred Compensation

Budget and Debt Consultation Services

If you are faced with budget and/or debt problems, the EAP will refer you to a non-profit agency, American Consumer Credit Counseling, and will pay the initial fee for this service. ACCC has experience helping people put together sensible budget plans and providing advice about handling debt problems, and Identity Theft issues.

Work/Life Referrals

The EAP will help you to locate child and/or elder care, and other services. You can also receive information on becoming a parent, school-aged decisions, special needs, college preparation and planning, relocation, and a host of other topics. This information is available telephonically, and packets of related information may be sent as well.

New Parent Transition

You can receive free telephone coaching sessions with a Family Management Coach. The coach works with you to craft a family/life plan that will harmonize the particular dynamics of your family and work life and ease your transition back to work.

Online Resource

The EAP website is your online toolkit for managing problems in your life anywhere, anytime, as long as you are connected to the Internet. Here you will find tools to help with behavioral health, financial, legal, and work issues. To log in and register, use “Sarah Lawrence College” as the company code and login at: www.wellnessworklife.com.

Additional EAP Services

Management Consultation

The EAP provides guidance and coaching for supervisors on effectively handling difficult employee interactions, talking about work performance, and maintaining positive, productive work environments. Initiate a management consultation by calling the main EAP number, 1-800-828-6025, and asking to speak with an EAP Senior Consultant.

Critical/Traumatic Incident Response Services

The EAP provides a range of services to address the impact of traumatic events in the workplace. A critical/traumatic incident could include a coworker's serious illness, death or suicide, a threatening or violent incident in the work setting, or a natural or man-made disaster. The EAP can support your team through facilitated discussions and on-site consultations.

