
Your Employee Assistance Program



Mount Wachusett
Community College



*A free and confidential benefit for Mount Wachusett Community College
Employees and their Household members*

Life can get pretty stressful at times. Whether your daily challenges are routine or more urgent, your Employee Assistance Program (EAP) is a free and confidential resource you can turn to. The EAP will guide you to the solutions that make things less stressful and more manageable for you. Your services include:

Counseling Referrals: you receive 3 free, confidential, in-person or telephonic counseling sessions.

- Stressed with workplace or family concerns?
- Managing depression or anxiety?
- Concern about your marital relationship, how your children are doing, conflicts with your teen?
- Dealing with a recent loss?
- Concerned about your or a loved one's drinking problem?
- Just need to talk to a concerned and professional helping person to sort things out?

Legal Consultations: free office or telephone consultation for legal questions and issues (does not include those issues that are job-related). Ongoing legal representation at a 25% reduction in fees charged.

- Dealing with family law issues, such as divorce, marital separations, child support and custody matters?
- Buying or selling a house, and need legal representation?
- Questions about landlord or tenant issues?
- Estate planning questions? (e.g., wills and trusts)

Financial Consultations:

- Budget and debt problems?
- Need help with tax return preparation?
- Want help in understanding your FICO score?
- Want some help in making sure that your retirement planning is on track?
- Questions about insurance and auto claims?
- Questions about how to save for your child's college education?

Work/Life Website: The place to go for current health news, on-line assessment tools, child/elder care searches, professional development skill builders, and a library of articles on many work-life topics.

To access, go to: www.allonehealthep.com

Username: mwcc

Password: employee

The EAP helps with the kinds of issues, large and small, that can affect your health and happiness as well as your work and family life. Whether you would benefit from a one-time consultation or ongoing support, we're just a call away.

24 hours a day, 7 days a week

800.451.1834