

HealthQuest Employee Assistance Program (EAP)

Call confidentially 1-888-275-1205 (option 7), TDD/TT 1-800-766-3777
With a single call to the EAP, you and your family members receive confidential assistance, 24 hours a day, 7 days a week at no cost to you.

Confidential Personal Counseling

The HealthQuest EAP provides short-term counseling to you, your spouse, and your dependents for a wide variety of personal and family concerns. Counseling is provided in your area by licensed and experienced professionals. You will find the counselors at the EAP to be knowledgeable about real life problems, very caring, and readily available. A few of the most common reasons employees use the EAP Personal Counseling service include:

- Family & Parenting Concerns
- Marital & Relationship Issues
- Improving Self-Esteem
- Stress, Anxiety & Depression
- Work-Related Concerns
- Alcohol & Substance Abuse Problems
- Grief & Loss
- Major Life Event Changes

Dependent Care Assistance & Other Family Resources

Caring for those who depend on you can sometimes be very stressful. The EAP staff of experienced childcare and geriatric specialists offers direct, hands-on assistance that can help take the pressure off care giving. The most common examples include:

- Finding Licensed, Affordable Daycare
- Evaluating Facilities & Resources
- Assisting Aging Loved Ones
- Long Distance Care Giving
- Helping Dependents with Special Needs
- Ongoing Support

Legal Advice & Discounts

The EAP provides a confidential legal consultation with an attorney who specializes in the area of your concern at no charge to you. If you need legal representation, a 25% reduction in the customary legal fee is available to you. The most common requests include:

- Divorce & Family Law
- Consumer & Bankruptcy Issues
- Real Estate Transactions
- Landlord & Tenant Disputes
- Wills And Estate Planning Questions
- Criminal/Civil Lawsuits

Personal Money Management Advice

The EAP program provides employees and their family members with access to financial specialists with a broad range of experience in personal financial services. Call anytime for a consultation on topics such as:

- Home Budgeting
- Retirement Questions
- Debt Consolidation
- Tax Issues
- Credit Matters
- Investments
- College Funding
- Estate Planning

Life Coaching

Life coaching can enhance the quality of your personal and work life in four areas: building sound relationships; improving job performance and strengthening your career; managing stress and building resilience; and major life transitions.

Who is Eligible to Use the EAP?

- All active, benefits-eligible employees of the State of Kansas, their dependents and other family members living in the same household
- All active, benefits-eligible employees of our Non State Employer Groups, the State of Kansas, their dependents and other family members living in the same household

Details about HealthQuest programs can be found online at www.kdheks.gov/hcf/healthquest/eap.html