



Dear Western Connecticut State University Employees and Family Members:

Western Connecticut State University realizes that we all face challenges in life and that sometimes employees experience personal problems and that could benefit from help. We would like to introduce you to Solutions EAP, your new Employee Assistance Program (EAP) effective on August 1st, 2022. Our mission is to help you find solutions to those challenges, whether large or small.

Solutions EAP has provided comprehensive, high quality EAP services since 1985. We are a Connecticut-based provider with the capacity to deliver Employee Assistance Programs locally and nationally. We have several staffed offices throughout the state.

Solutions EAP provides **CONFIDENTIAL** face-to-face and video counseling, to help employees and their family members identify and resolve personal problems, including marital, family, emotional, stress, depression, substance abuse, or other personal concerns.

You, or your household family members, may contact Solutions EAP directly at any time. You can be assured that any contact with Solutions EAP is strictly confidential, as we are bound by strict ethical guidelines and state and federal laws.

Please call Solutions EAP 24/7 for immediate and confidential access at:
1-800-526-3485

Solutions EAP also offers a robust Work Life Program which includes resource articles, assessments, tools, and audio and video files covering emotional well-being, health and wellness, and workplace issues, as well as child care, elder care, legal and financial concerns. There are more than 6,000 regularly updated articles. Work Life also includes searchable databases for child care providers, elder care and related services, pet sitting, and certified financial planners.

A new On-demand online seminar is posted each month, with access to an archive of past seminars.

You can access these resources and information on our website:
www.Solutions-EAP.com [Worklife Services Online Log in, on the 'For Employees' Tab](#)

User name: WCSU2020
Password: solutions

We are honored to work with WCSU to provide support for you and your family.

Sincerely,

Solutions EAP