

Dear TCNJ Employees and Family Members:

We hope that you will take advantage of the benefits available to employees and their adult household members provided by Penn Medicine Princeton Employee Assistance Program (EAP). **The services are free and strictly confidential**, and are provided as benefit of working for The College of New Jersey.

What do people typically call about?

- Struggles with - or concern for a family member struggling with addiction
- Feelings of Depression or anxiety
- Marital tension
- Concerns related to living through the pandemic
- Requests for a legal or financial consultation

Where are services provided?

Counseling services are offered in-person in the Princeton office or via telehealth. The EAP will work with you to provide barrier-free access to services that you can access right through your computer or mobile device.

What services are available through EAP?

As a College of New Jersey employee, you and your adult household members are entitled to up to three (3) counseling sessions per issue, not per year.

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How do I access my EAP benefits?

To access services, call the EAP directly at **1.800.527.0035**. Your call and all appointments are made directly with the EAP, and do not go through your employer.

Create your account at
PennMedicineEAP.MyLifeExpert.com

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