

Feeling stressed out? Not sure where to turn? The Employee Assistance Program is here to help.

Your well-being is what matters most. That's why the State offers **free confidential assistance with personal and job-related problems through the Employee Assistance Program (EAP)** to all State employees, dependents and household members. Trained specialists provide professional assistance and referrals to local experts to help you navigate through life's big and small challenges including:

- Depression and anxiety
- Substance abuse
- Childcare resources
- Financial challenges
- Workplace problems
- Legal issues
- Eldercare
- Hospitalization
- and much more

Access EAP specialists and resources 24/7*

- Call EAP at **(866) 248-4094**
- Visit www.liveandworkwell.com
 - o Enter anonymously using access code: **rhodeisland**, or
 - o Create an account to view personal behavioral health claim status
- Download the myLiveandworkwell app:
 - o Search "myLiveandworkwell" in the App Store or Google Play
 - o Log in using the access code: **rhodeisland**
- See the latest [Monthly EAP Newsletter](#)



* State supervisors and managers: Please contact your HR personnel if you need manager assistance services from EAP.