



CCCC EMPLOYEE ASSISTANCE PROGRAM (EAP)

As an employee of Central Carolina Community College, the work that you do everyday matters to the students and citizens of our service area. CCCC is committed to helping employees perform at their best!



What is an Employee Assistance Program?

We know that there are times when life and work can be stressful. That's why we have partnered with McLaughlin Young to provide you with an employee assistance program. The CCCC Employee Assistance Program (CCCC EAP) is a college-sponsored benefit program that offers the support and resources you need to address personal or work-related challenges and concerns. **It's FREE for you and members of your household and it is completely confidential.**



CCCC EMPLOYEE ASSISTANCE PROGRAM (EAP)

What issues does the CCCC EAP address?

CCCC EAP is designed to help you and your immediate household member's with all kinds of life situations. Offering free, confidential help with personal or work-related concerns, referrals to other sources for assistance, and 24-hour emergency coverage. Examples include, but are not limited to:

- Marital difficulties
- Family problems
- Parenting
- Resources for childcare
- Stress
- Balancing work and family
- Relationship issues
- Work-related concerns
- Depression
- Alcohol and drug use/abuse
- Grief and loss counseling
- Resources for elder care
- Healthy living
- Crisis events
- Legal
- Financial
- Free e-learning (*search e-learning*)
- Savings centers
- Worklife Portal
- Resources for daily living

Is the CCCC EAP confidential?

Confidentiality is an essential part of the CCCC EAP. The college will not know of your participation in the services nor have access to any information without your consent. The only exceptions are when someone's safety is in question.

How does the CCCC EAP work?

When you contact the CCCC EAP, you are offered a needs assessment by an experienced, licensed counselor. If it is determined that the concern can be resolved through problem-solving sessions, an employee assistance professional will assist in resolution. **Employees and their household members, receive up to 3 FREE sessions per issue.**

The virtual therapy also makes it very convenient as you don't need to travel or leave your home! If it is determined that a referral is needed for ongoing support, the CCCC EAP will connect you with the most cost-effective resources for care by trying to find counselors in your insurance network.

Other free benefits including the Worklife Portal, which includes resources such as free e-learning, wellness, living wills, and savings centers, are available 24-hours a day at www.mygroup.com, see login details below.



For more information about the CCCC EAP, contact:
humanresources@cccc.edu

Worklife Portal – Username: **cccc2014** | Password: **guest**

Getting Started:

McLaughlin Young Group – www.mygroup.com

Orientation Video – vimeo.com/191670984

Worklife Video – vimeo.com/187193254