

Medford School District

Get to Know Your EAP

What is it?

Our Employee Assistance Program (EAP) offers resources to help you address any personal struggles you may be having.



How does it work?

Our EAP offers confidential services to address the following:



Mental health



Alcohol and substance abuse



Work-related stress



Divorce or marital problems



Child care or eldercare



Eating disorders



Financial or legal problems



Gambling addiction

You are eligible for 8 in-person sessions per episode. A helpline is available 24 hours/day, 7 days/week, 365 days/year through a toll-free number (800-236-4457). This phone number is also used to make appointments.

These resources are available at no cost to you and household members.

Is this program confidential?

This program is strictly confidential and ensures your privacy. No personal information is shared with us, and the use of resources will not impact your career.

At times we all have day-to-day challenges in both work and personal lives. Our professional counselors can help you sort through your concerns and explore solutions. Your family and your household are important to us! We encourage and support the use of the program.

