



Support for life's challenges

Your Employee Assistance Program — powered by Optum®



What is the Employee Assistance Program?

Confidential support when you need it

Your Employee Assistance Program (EAP), powered by Optum®, provides you and your eligible dependents with confidential, short-term counseling services to support your overall well-being at no cost to you. Services are available 24/7.



How does the EAP work?

Receive up to five in-person, virtual, or phone consultations per issue per year with a behavioral health clinician skilled in your area of concern. You can:



Call to connect with a licensed clinician

Reach a master's-level clinician to get in-the-moment support and a referral for other resources, including counseling services, when appropriate.



Get care in the comfort of your home with virtual visits

Connect with network EAP providers using secure video-conferencing technology.



Access articles, use self-help tools, and search for providers online

Visit liveandworkwell.com and use access code NYU.

You do not need to be a member of the NYU medical plan to access the Employee Assistance Program.



Here when you need it

Reach out to your EAP at any time.
Call **888-980-8740**.

How the EAP can help

Short-term counseling services offer confidential support for your overall well-being.

- Resiliency
- Stress
- Referrals for mental health
- Drug or alcohol abuse
- Grief and loss
- Self-esteem
- Relationships
- Parenting



Work Life services*



Adult and elder care services

- Caregiving resources
- Alzheimer's and related disorders
- Estate planning
- In-home/nursing care options
- Transportation services



Child, family, and parenting support

- Homeschooling
- Parenting
- Special needs programs
- Adoption information
- Childcare options
- Community programs for teens



Convenience services referrals

- Pet services
- Auto/home repair
- Relocating

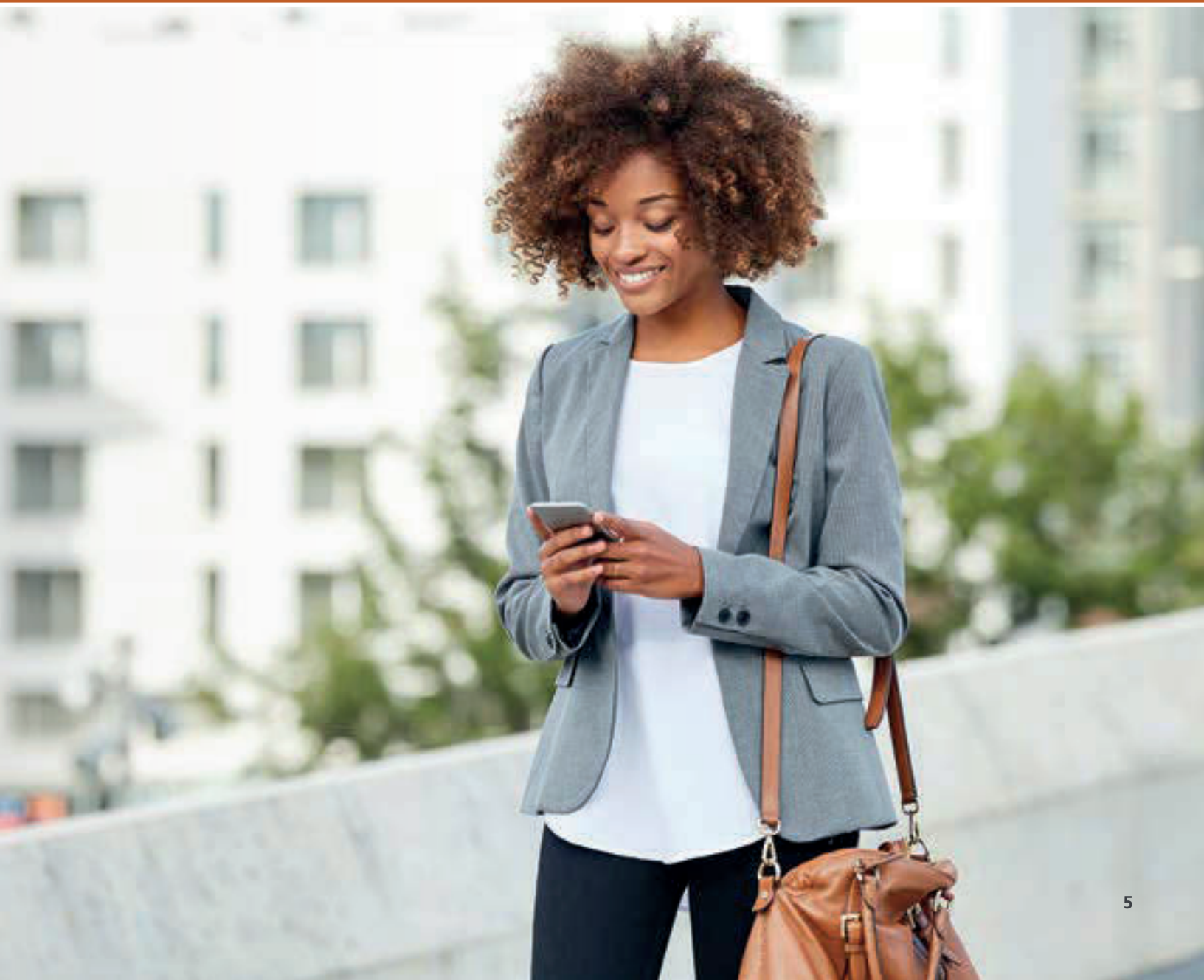
**Full-time faculty, administrators, and professional researchers may consult the NYU Work Life office for assistance with many of the above services. For more information, visit nyu.edu/worklife.*

One call for caring support

All it takes is one call to get connected. Save the number in your phone so it is right there when you need it and bookmark the website so it is always handy.

888-980-8740

[liveandworkwell.com](https://www.liveandworkwell.com) | Access code: NYU





These programs should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. These programs are not a substitute for a doctor's or professional's care. These programs and their components may not be available in all states and coverage exclusions and limitations apply.

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