

Support for life's challenges



Your Employee Assistance Program (EAP) provided by Optum

What is the Employee Assistance Program?

Confidential support when you need it

Your Employee Assistance Program (EAP), 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. The clinician will be able to identify an appropriate counseling provider with availability.



Connect with an on-campus counselor

Dedicated consultation services, both telehealth and in person, offer support, information and referrals to help you navigate daily challenges and cope with unexpected events. The **expert, on-campus mental health counselor** can provide confidential assistance across a variety of issues including stress, anxiety, depression, relationships and more.

The counselor service is available to eligible faculty and employees only.

[Schedule a session](#)



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 1-888-980-8740

How your 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*

Full-time faculty, administrators and professional researchers are provided with individualized consultations through subject matter experts at the NYU Work Life office. For assistance with many of the below services and more information, visit nyu.edu/worklife.



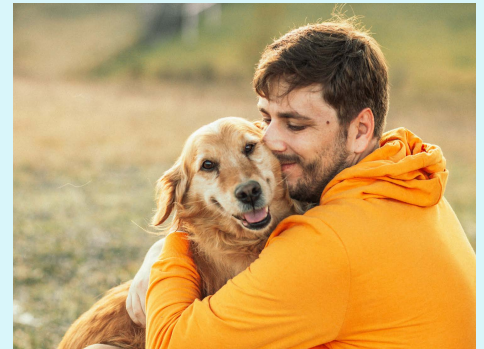
Adult and elder care services

- 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 or click for caring support

All it takes is one call or click to get connected. Save the number in your phone so it is there when you need it (24/7), bookmark the website, or download the app so it is always handy.

Download the Optum Assist app to learn about your EAP program, get assistance from an EAP specialist or find a provider and schedule an appointment.

Call 1-888-980-8740

liveandworkwell.com

Access code: NYU

or download Optum Assist today

Log on with your company access code NYU





optum.com

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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