



## EMPLOYEE ASSISTANCE PROGRAM

**What Is the Employee Assistance Program (EAP)?** An EAP is a network of services, including short-term counseling, to help you and your household members cope with everyday issues. Harris, Rothenberg International’s professional counselors are available 24 hours, 7 days a week. The EAP also helps faculty, staff and household members to better manage elder care responsibilities. The program is designed to save time, energy and worry; the EAP’s assistance includes, but is not limited to:

• Caregiving from a distance	• Stress, anxiety, and depression
• Eating disorders	• Locating services and care for older adults
• Financial stress	• Personal convenience
• Coping with change	• Pet care
• Health and wellness	• Recreational activities
• Smoking cessation	• Addiction
• Weight loss	• Relationship Concerns
• Sleeping difficulties	• Coping with a serious illness
• Emotional issues	• Loss of a loved one
• Family relationships	• Dealing with work stress

**Call Toll-Free 24/7: 888-673-1153**  
**TTY: 800-256-1604**

**[www.harrisrothenberg.com](http://www.harrisrothenberg.com)**  
**Username: Columbia**  
**Password: eap**

**CONFIDENTIAL | FREE OF CHARGE | 24 HOURS A DAY | 7 DAYS A WEEK**

Employees who are eligible for Columbia University medical benefits may use the EAP.