

**EASY.**

Call us at **(617) 635-2200** to find out how we can help you and your family.

**ACCESSIBLE.**

We are open 7 a.m. - 5 p.m.  
Monday – Friday.

**PRIVATE.**

Anything you discuss with your counselor stays between you two.



*Your Resource for Solutions*



Human Resources



Housing Authority



Public Health  
Commission

**DIRECTIONS:**

26 Court Street, Fifth Floor,  
Boston, MA, 02108

Near Government Center and  
across the street from the New  
England Veteran Shelter.

**MBTA:**

From Orange, Red, and  
Green Lines:

- Orange Line towards Oak Grove to State St. Station.
- Red Line to Downtown Crossing or Park St. (5-minute walk).
- Green Line to Government Center.

The EAP is free and available to all City Employees and their family members.

**HOURS:**

Mon-Fri from 7 a.m. to 5 p.m.  
You can access our website  
at **[boston.gov/eap](http://boston.gov/eap)** or  
call **(617) 635-2200**



## EMPLOYEE ASSISTANCE PROGRAM (EAP)

To promote, establish and increase quality of life, good health and personal experiences. Our goal is to work in collaboration with employees family members and retirees to restore and or initiate well-being in work and life.

## ABOUT THE EAP

The City of Boston Employee Assistance Program began in the 1970's; with a primary focus on assisting workers who needed help addressing alcohol/drug issues which affected their work performance. Over the years as workplace environments have evolved, EAP continues to utilize a strength based and solution focused approach to provide a wide range of resources and skills development that will help improve the overall well-being of the City of Boston's diverse workforce.

## WHO WE SERVE

The EAP is a resource offered to the City of Boston workforce. The service is available regardless of position or length of employment, is confidential and is available at no cost.

## WHAT WE DO

The EAP is continuously meeting the emerging needs of the workforce by providing a wide range of human services. We provide a benefit to all City of Boston employees and their family members in identifying their specific needs and resolving personal concerns impacting work and life.

## HOW DO WE DO IT?

Our focus is on our client's strengths and well-being. Using prevention and early intervention strategies, we assess their needs and provide referrals to corresponding agencies, advocacy, and case management.

## WHAT VALUE DO WE BRING?

The EAP offers a safe and supportive environment that is sensitive to the concerns and interest of the City of Boston workforce. We collaborate with employees to resolve concerns that may impact health, well-being, social functioning, and productivity issues in the workplace such as:

- Balancing Work and Family
- Mental Health
- Alcohol and Drugs
- Recovery Management
- Job Related
- Domestic Violence
- Financial, and
- much more

The EAP is a neutral and voluntary resource and our focus is employee well-being. For additional information you can access our website: [boston.gov/eap](https://boston.gov/eap)

