

EMPLOYEE ASSISTANCE PROGRAM

Contact Information (805) 654-4327

950 County Square Drive, Suite 200
Ventura, CA 93003

Located in the Lincoln's Inn building,
next to Tutor Time

Monday – Friday 8:00 am – 5:00 pm
*some after-hours appointments
may be available

Program Services

- » Mental Health Assessment & Referral
- » Anxiety/Depression/Trauma Treatment
- » Workplace Matters/Job Jeopardy
- » First-Responder Support
- » Stress Management & Burnout
- » Grief & Loss
- » Relationship & Marital Concerns
- » Addiction/Substance Abuse
- » Parenting and Educational Concerns

EAP psychotherapists are trained in a variety of modalities including cognitive behavioral therapy, mindfulness, stress reduction, workplace performance, parenting, somatic therapy and more.

What Is the Employee Assistance Program?

The Employee Assistance Program (EAP) provides free and confidential counseling to you and your family to help resolve problems that may impact your health and well-being. The EAP is staffed by licensed mental health professionals with experience in areas such as coping with personal crisis, grief, marriage/family concerns, challenges at work, medical disorders, addiction issues and other mental health concerns. EAP services are short-term and focus on stabilization, support, problem-solving, and seeking additional resources and referrals.

EAP Services are Confidential

From the point of your initial call, services at the EAP are confidential, guided by legal and ethical policies to protect your privacy. Information shared with the EAP will not be disclosed to anyone without your permission and written consent. This includes your employer.

The EAP is a free service available to County employees and dependents enrolled in a County-sponsored medical plan or opt-out plan. EAP is a short-term service (approximately 5-8 sessions).

Remember, EAP Services are:

Free

Confidential

Available to you and eligible family members

**Mental Health Crisis Line:
Call or Text 988**

**24/7 Information Referral Line:
Call 211 or visit 211ventura.org**

Visit us at:

hr.ventura.org/benefits/employee-assistance-program

