



**Employee Assistance Program & Training**

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**MAINE VETERANS' HOMES PROVIDES A CONFIDENTIAL  
EMPLOYEE ASSISTANCE PROGRAM (EAP) AT NO COST  
TO EMPLOYEES AND THEIR HOUSEHOLD MEMBERS!**

Your EAP provides experienced counselors to talk with confidentially when you have personal concerns and also includes online Work/Life Services with articles, personalized child and elder care locators, videos, and other materials, and a commitment to always being there when you have a question or need help.

**Experienced Counselors** are available 24 hours a day by calling the EAP toll-free number, **1.800.769.9819**. You and your household members can call EAP any time, night or day, and speak with a counselor on the phone and we can help you access 1-6 in-person assessment, short-term counseling and/or referral sessions with a conveniently located licensed mental health professional at no cost to you. Clients call and come in to talk about a wide variety of concerns including couples/marital, family issues, workplace stress, anxiety, depression, substance abuse, grief, life transitions, and many other matters. These sessions are confidential. No problem is too small for EAP.

**Online Work/Life Services** can be accessed anywhere there's internet connection, 24 hours a day. The website offers a whole host of resources on health, mental health, legal, personal growth, balanced life and other topics. There are health and mental health screenings, articles and videos related to many issues including parenting and resolving conflicts, and templates for legal forms such as wills and living wills.

To access go to [www.workforceeap.com](http://www.workforceeap.com)

Scroll down and click on **Read More** under the EAP Employee Assistance Program tab

Click on the **Work/Life Services** button, located in the lower right

Click on **Current clients log in here**

For first time users only, click on the **Register button**

Enter the requested information and choose your own username and password

**Your Company Code is: ahc-mvh**

**Try out this easy to access, confidential benefit at 1.800.769.9819.**