



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Overview

EAP services are provided to employees who seek assistance or counseling through difficult times.

If you need assistance or want someone to talk to, Hokie Wellness is available to help.

- ▶ Call Hokie Wellness at 540-231-8878, or send an email to hokiewellness@vt.edu to speak to a wellness team member.
- ▶ If you have a loss in your department or need additional resources, Hokie Wellness can coordinate support and grief counseling for your group.

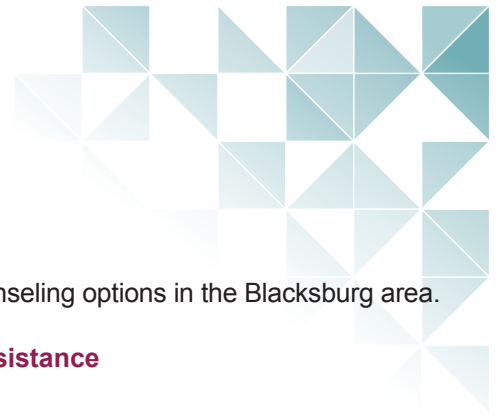
Benefited Employees

Hokie Wellness can schedule a confidential, individual appointment with you, connect you to an EAP provider, or you can call the provider directly.

PLAN OR BENEFIT	WHO TO CONTACT FOR YOUR CONFIDENTIAL SERVICES PROVIDER
COVA Care and COVA HDHP–Anthem	1-855-223-9277 or Anthem EAP at www.anthemEAP.com (Login: Commonwealth of Virginia)
COVA HealthAware–Aetna	1-888-238-6232 or www.mylifevalues.com (Username: COVA, Password: COVA)
Kaiser Permanente HMO–Kaiser	Behavioral Health Kaiser: 1-866-530-8778 Employee Assistance Program (EAP) Value Options: 1-866-517-7042

Benefited employees and their dependents are able to receive four EAP sessions with a counselor at no charge. There are a variety of issues that EAP counselors can assist you with, including:

- ▶ Alcohol
- ▶ Drugs
- ▶ Family
- ▶ Legal
- ▶ Health
- ▶ Financial
- ▶ Housing
- ▶ Retirement
- ▶ Mental health
- ▶ Child care
- ▶ Elder care
- ▶ Grief
- ▶ Spousal/child/parent abuse
- ▶ Workplace
- ▶ Career planning



Other Counseling Assistance

If you are a non-benefited employee at Virginia Tech, you can contact one of these counseling options in the Blacksburg area.

Psychological Services Center at Virginia Tech

- ▶ Director: Lee Cooper
- ▶ Phone Number: 540-231-6914
- ▶ Address: 3110 Prices Fork Road, Blacksburg, Va. 24060
- ▶ Additional Information: Sliding fee scale
- ▶ www.psyc.vt.edu/outreach/psc

Women's Center at Virginia Tech

- ▶ Directors: Anna LoMascolo and Christine Dennis Smith
- ▶ Phone Number: 540-231-7806
- ▶ Address: 206 Washington Street, Blacksburg, Va. 24061
- ▶ Additional Information: Call the number above from 8 a.m. – 5 p.m. Monday through Friday and ask to schedule an appointment. Email addresses for counselors and staff available online.
- ▶ www.womenscenter.vt.edu

New River Valley Community Services

- ▶ Interim Director: Rosemarie Sullivan
- ▶ Phone Number: 540-961-8400
- ▶ Address: 700 University Boulevard, Blacksburg, Va. 24060
- ▶ Additional Information: Sliding fee scale.
- ▶ www.nrvcs.org

Behavioral Health Program

- ▶ Executive Director: Michelle Brauns
- ▶ Phone Number: 540-381-0820
- ▶ Address: 215 Roanoke Street, Christiansburg, Va. 24073. Other locations are available online.
- ▶ Additional Information: The Community Health Center of the New River Valley's provides affordable and high quality medical, dental, behavioral and preventive health services to people of all ages and circumstances, regardless of ability to pay or insurance status.
- ▶ www.chcnrv.org/search/behavioral-health-care/

For Immediate Assistance

- ▶ Call 911

Virginia Tech Police Department

- ▶ Phone: 540-231-6411
- ▶ The Virginia Tech Police Department has a threat assessment team in place for any immediate issue or concern.

New River Valley Community Services - Emergency and Assessment

- ▶ Contact Access Services
- ▶ Phone: 540-961-8400
- ▶ Address: 700 University City Boulevard, Blacksburg, Va. 24060

Marriage and Family Therapy Center of Virginia Tech

- ▶ Director: Megan Dolbin-McNab
- ▶ Phone Number: 540-231-7201
- ▶ Address: 840 University Boulevard, Suite 1, Blacksburg, Va. 24060
- ▶ Additional Information: Sliding fee scale.
- ▶ www.familytherapy.vt.edu/ftc.html