



# Self-help Resources



## *A vital benefit to help with everyday issues*

Educators face daunting challenges: budget crises, rapidly changing technology, and government requirements are just a few of the emerging issues. Educators' EAP offers extensive links, tools, and resources to help educators deal with these and other professional challenges:

- Budget Boosters for Educators
- Parental Challenges
- Social Media for Educators
- Managing the Classroom
- Cyber Safety for You & Your Students



**To access this benefit**, you can call the EAP or log on to the website, **[www.EducatorsEAP.com](http://www.EducatorsEAP.com)**, for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:

- Adoption & Child Care
- Personal Finance
- Emotional Wellbeing
- Parenting
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education

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**More benefits than any other EAP.**

**[www.EducatorsEAP.com](http://www.EducatorsEAP.com) • 1-800-252-4555**

## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Go to [www.EducatorsEAP.com](http://www.EducatorsEAP.com)
2. Click the **Employee and Family login** button.
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
  - a) Click on **REGISTER**.
  - b) Fill out the Registration Form to create your own User Name and Password, then click Register.

**\*You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles
- 800,000 Child/Elder care providers
- Personal Growth programs
- Mental and Physical Health assessments
- Financial tools and calculators
- Career Development information
- 900 Health videos
- Plus, important resource centers that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access to over 8,000 personal and professional development trainings and courses in a variety of easy to use formats.

### LOCATORS

Search for child and elder care resources in your local area.

### EMOTIONAL WELLBEING

Identifying a problem is the first step to getting help! Assess your overall emotional wellbeing with screenings for depression, anxiety, drug abuse and more.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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