



HAS YOUR
WORLD
BEEN TURNED
UPSIDE DOWN?
TURN TO SEAP.

What is SEAP?

The **State Employee Assistance Program (SEAP)** is a free assessment and referral service for commonwealth employees and their family members; this includes everyone who lives in your house, as well as your parents, adult children and siblings regardless of where they live.

How Can SEAP Help Me?

SEAP provides support for a wide range of personal and work-related issues, such as:

- alcohol and drug problems
- parenting and family concerns
- gambling and addictive behaviors
- work-related problems
- marital and relationship problems
- coping with grief and loss
- legal issues
- eating disorders
- depression
- debt problems
- physical abuse
- stress and anxiety

What Services Does SEAP Provide?

- Referrals to experienced SEAP counselors for face-to-face counseling
- Legal advice, including unlimited phone consultations and discounted legal services
- Telephonic financial counseling for debt management and budget planning
- Online resources at Liveandworkwell.com (access code "Pennsylvania") including interactive tools, informative articles and search options to locate counselors

How Do I Get Started?

Call 800.692.7459 (TDD 800.824.4306) to be immediately connected to an experienced SEAP specialist. Available 24/7, these specialists are master's-level clinicians who are experts in helping people identify the nature of their problems and finding the right resources to address them.

Are Services Confidential?

Yes! Maintaining the confidentiality of SEAP services is a fundamental right to which everyone is entitled. All records, including medical information, referrals and evaluations are kept confidential in accordance with federal and state laws. No records or information can be released to anyone, including your employer, without your written authorization, unless you are an imminent danger to yourself or someone else (called duty to warn).

Does SEAP Cost Anything?

No! Your call to the SEAP hotline is free, and SEAP provides up to three free face-to-face sessions for you (and for each family member who accesses SEAP) with a SEAP counselor for each issue or problem, and the benefit renews each calendar year. Remember, you must call SEAP first to have all visits pre-approved.

There is no charge for the telephonic financial or telephonic legal consultation, which you can access by calling the SEAP hotline. If you want to hire an attorney, SEAP provides discounted legal and mediation services. And you may access information on liveandworkwell.com as often as you want at no charge.

Who Provides SEAP?

All the SEAP services are provided by a non-commonwealth vendor, which helps to ensure your confidentiality.