



## How can PG&E's EAP help you?

- Finding care for an aging relative
- Sorting through legal matters
- Resolving conflicts at home or at work
- Managing stress, anxiety, or depression
- Planning for a strong financial future
- Strengthening relationships
- Help for alcohol or substance use issues
- Improving communication skills
- Planning for life events such as a marriage or birth of a child

Call your **PG&E EAP** for confidential support or information any time, day or night.

**1-888-445-4436 (24/7)**

Online: [achievesolutions.net/pge](https://achievesolutions.net/pge)

Onsite: [mypgebenefits.com](https://mypgebenefits.com) > Emotional Health > EAP

## Privacy is a priority

The EAP upholds strict privacy standards. Your personal information is kept private as called for by federal and state laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

## Access your EAP

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This brochure is for informational purposes only and does not guarantee eligibility for program services. Beacon Health Options services do not replace regular medical care. In an emergency, call 9-1-1 immediately.



# PG&E Employee Assistance Program (EAP)

Confidential support for work and life



# Benefits of PG&E's Employee Assistance Program (EAP)

## Counseling Services

Talk one-on-one with an experienced, licensed counselor for support with stress management, relationships, anxiety, depression, grief and loss, and more. PG&E employees, their dependents, and household members are each offered six no-cost sessions per six-month period, from January through June and July through December.

You can request to meet a counselor via video web conference, by phone, or face-to-face with a private-practice counselor or onsite EAP counselor—whichever is most convenient for you. You can even ask to speak right away with a licensed counselor over the phone if your situation is time-sensitive or urgent.

Our onsite EAP counselors work in several PG&E locations from Fresno and the Diablo Canyon Power Plant all the way up to Redding. Because they are local to their assigned areas, our onsite counselors can help you access the right type of quality care tailored to your situation.

## Legal Services

- Legal support for lawsuits, estate planning, identity theft recovery, and more.
- No cost 30-minute consultation with a licensed attorney.
- 25% discount for further legal representation.

## Financial Services

- Financial support for tax questions, debt consolidation, budgeting, identity theft, and more.
- No cost 30-minute telephonic consultation.
- Reduced rate for further financial support.

## Online Resources

Visit [achievesolutions.net/pge](https://achievesolutions.net/pge) to access articles, videos, calculators, and quizzes on topics ranging from stress management and depression to improving relationships and communication. You can also search for service providers in your area.

## Work/Life Resources

- Work/life referrals for child care, parenting, adoption, adult/elder care, housing assistance, pet resources, and more.
- Get referrals over the phone or visit [achievesolutions.net/pge](https://achievesolutions.net/pge) > Find Services to request referrals via online form or chat.

## Resources for Supervisors

- Assistance in making employee referrals to EAP
- Management consultations and leader training to help with difficult conversations, or address the impact employees' personal problems may be having on work performance
- Free trainings for work groups on a variety of topics such as stress management, sleep, and coping with change
- Support after a traumatic event such as a serious employee injury or workplace fatality
- Tools and resources to support you and help you support your team: [achievesolutions.net/pge](https://achievesolutions.net/pge) > Topics > Managers' Tools
- Supervisor Manual to the EAP
- For more information, visit: [myggebenefits.com](https://myggebenefits.com) > For Leaders > Supporting Emotional Health > EAP

## Applied Behavioral Analysis (ABA) Benefit for Autism

PG&E offers an ABA benefit at no charge and no deductible for autism and certain related disorders with preauthorization/precertification. You can also obtain resources and referrals for schools, summer camps, support groups, government programs, and more through EAP.

## PG&E's EAP Works

The EAP is here to help and easy to access at no cost to you. Confidential and staffed 24/7 with highly trained and qualified professionals.

Whether your concern is big or small, don't hesitate to call. We all need a little help sometimes. Seeking help early can prevent small issues from turning into big problems.

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Your PG&E Employee Assistance Program (EAP)

Resources for personal success:

- Counseling
- Work/life resources
- Legal and financial services
- Resources for supervisors
- ABA benefit for autism
- Online resources and tools

