

Oklahoma
Employee Assistance Program (EAP)



Help Found Here



All state of Oklahoma employees and their immediate family members are eligible to participate in the Oklahoma Employee Assistance Program (EAP).



**Employee
Assistance Program**
"Help Found Here"

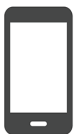
Our Mission

The mission of the Employee Assistance Program is to empower state agencies and employees to build hope and resilience by educating and promoting positive mental health. The Office of the Oklahoma Employee Assistance Program (EAP) is a cooperative effort between employees and administration to help employees gain access to professional services in resolving personal problems. Our services are designed to be an "on-ramp" to other services. This means from the very start, the employee/family member is actively engaging in the next steps to identify coping strategies and needed resources for the employee or family member to move forward independently. This can either be by short-term services (5 visits or less) or linkage to resources, such as long term services outside our office.

There is no charge to the employee or family members for their assessment and referral services received from the EAP Office. The decision to accept help from the EAP is a decision that only the employee can make.

More Information

To learn more about the program, receive confidential assistance, or to set up an appointment with an EAP representative, please contact the Oklahoma Employee Assistance Program at:



(405) 248-9007



EAP@odmhsas.org



OKLAHOMA
Mental Health &
Substance Abuse