



UW

Human Resources



New Employee Assistance Program (EAP) – MINES & Associates

We are pleased to announce that the new University Employee Assistance Program (EAP) provider is MINES & Associates. MINES will provide EAP services for all benefited employees of the University of Wyoming and their household members.

The EAP benefit covers six confidential short-term counseling visits, per life situation, at no cost to employees and their household members. The University of Wyoming has pre-paid for this benefit.

The EAP benefit is not only free to all benefited employees and their household members, but it is also confidential. MINES has over 24,000 provider locations across the U.S., including carefully curated Specialty Networks that serve populations with high-stress or unique needs that cross industrial, cultural, and social dimensions including first responders, 2SLGBTQIAP+, and BIPOC communities. MINES also provides flexible access that includes digital AND face-to-face options for employees and household members with simple and fast intake and scheduling.

The EAP can assist with many different types of life situations. Employees that are distracted from work or are struggling with topics like stress, burnout, substance abuse, trauma, compassion fatigue, and more will have access to free and confidential counseling sessions. Counseling sessions are conducted by master's level or doctoral level clinicians. The EAP can also provide additional assistance with, and tools & referrals for:

- Online Services with unlimited access:
 - PersonalAdvantage: An online resource library
 - eM Life: Extensive mindfulness app
 - Supportiv: 24-hour peer to peer support chat
- Use of EAP sessions for financial counseling
- Financial/Legal Services: One 30-minute consult per separate legal or financial matter, 25% discount on further legal or financial services
- Unlimited Work/Life Referral Services:
 - Caregiver Support
 - Childcare Centers/Providers
 - Pet Care and more
- Premium Wellness Services:
 - Professional Wellness Coaching: 4-sessions per year
 - MindCo VR Smoking Cessation and Stress Program: 6-week program
 - Parental Coaching and Lactation Services: 4 coaching sessions per year

MINES' crisis line is available 24-hours a day, 365 days a year and is staffed with on-call clinicians at all times. The crisis line is available to provide immediate assistance to individuals experiencing suicidal or homicidal thoughts or intentions, acute distress including but not limited to stress, burnout, anxiety, substance abuse, relapse issues, and more. MINES & Associates clinicians will provide on-the-spot support and ensure the individual is in a safe and stable condition before helping them determine next steps and further resources. MINES & Associates will contact emergency services when needed.

For additional information, a referral to a provider located nearest you, or to access any of your EAP services please call MINES toll-free at 800-873-7138.

You can also complete an online intake or access your online tools [HERE](#). **Please note, your company code used to access digital services is: uofwy**

Please watch for an EAP orientation from MINES coming soon.

The University of Wyoming is committed to the health and well-being of its employees and their family members and encourages the utilization of this important benefit.

Sincerely,

University of Wyoming and MINES & Associates EAP Services