



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email – January 2023



Getting Help with Addiction

Millions of Americans experience the negative effects of drug and alcohol misuse, including addiction. If you or a family member is struggling, your Employee Assistance Program (EAP) benefit can

connect you with life-saving resources to help you get back on track.

Your EAP benefit is anonymous and available at no extra cost 24 hours a day, 7 days per week. Use it to:

- Recognize the physical and emotional signs of substance misuse.
- Understand how drug misuse can affect others.
- Address mental health problems.
- Cope with a loved one's addiction.
- Find professional counseling online or in person.

To learn more about available resources and find support, contact the State's EAP today.

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104



WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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Office of Employee Benefits

One Capitol Hill, 3rd Floor

Providence, RI 02908

www.employeebenefits.ri.gov

Phone: (401) 574-8530

Fax: (401) 574-9281