

City of Milwaukee Employee Assistance Program (EAP)

Employee Assistance Program



City of Milwaukee EAP

FREE and CONFIDENTIAL to all City of Milwaukee employees and household members regardless of whether enrolled in the City's health insurance plan.



Brief Counseling

Everyone has problems from time to time. Usually, we work them out. But sometimes problems persist, becoming serious enough to affect us both off and on the job. At such times, the EAP may be able to offer assistance.



Topical Presentations

Wide range of onsite presentations offered to departments/work groups. Contact the EAP for a catalog of available workshops.



Referrals

To best meet your needs, the EAP helps you connect to legal, financial, wellness, and/or counseling providers within your benefits or those offered in the community at large.



Critical/ Traumatic Events

An unexpected crisis, accident or loss may quickly leave us feeling overwhelmed. In such times, the EAP assists and provides support to potentially impacted work groups and individuals.



Management Consultation

Provides management and supervisors with support, training, and strategies to resolve workplace concerns impacting a direct report or workgroup.



Information and Resources

Navigating the abundance of support resources can be challenging. The EAP is a source of information for supportive services that may help your situation.

For further information or a confidential consultation, contact the EAP Coordinator, Cris Zamora.

Ph. 414-286-3145 **Email.** czamora@milwaukee.gov

Or visit the EAP webpage at: <http://city.milwaukee.gov/der/eap>

