



**Employee Assistance Office**  
**University of Wisconsin-Madison**

The EAO is a voluntary, confidential resource for employees who wish to access help in successfully coping with work or personal concerns.

**Who is eligible to use EAO services?**

- UW employees, their families and significant others

**Is my visit with EAO confidential?**

- Contact with staff at EAO is **confidential** within limits governed by federal and state regulations. Information cannot be released without your authorization.

**How can EAO assist me?**

- |                            |                                    |
|----------------------------|------------------------------------|
| Manage stress              | Strengthen a relationship          |
| Locate child or elder care | Financial or legal concerns        |
| Navigate a conflict        | Support mental health & well-being |

**Other services provided**

- |                               |                         |
|-------------------------------|-------------------------|
| Grief/loss or crisis response | Presentations           |
| Work group consultation       | Management consultation |

**What will it cost?**

EAO services are provided **free of charge** and you may use them **on work time**.

**EAO is in a private location**

Lowell Center, Room 226  
610 Langdon Street, Madison (on Madison Metro Route 80)

**Call us:** 608-263-2987 **Use our confidential email:** [eao@mailplus.wisc.edu](mailto:eao@mailplus.wisc.edu)

**Office Hours:**

7:45 a.m. – 4:30 p.m., Monday through Friday. **Website:** [www.eao.wisc.edu](http://www.eao.wisc.edu)



SilverCloud

[SilverCloud](https://eao.wisc.edu/silvercloud.htm) is an online, self-guided, interactive resource for confidential help available 24/7. You will find learning modules, informational quizzes, articles and webinars, mindfulness exercises and more, based on cognitive behavioral techniques. Anyone with a Net ID can participate. Modules include online treatment for mild to moderate anxiety, depression, body image and stress. <https://eao.wisc.edu/silvercloud.htm>

**Employee Trust Fund’s free [Financial Fitness Program](#)** includes a quick online survey regarding your financial aptitude, habits and confidence. You will receive a Financial Fitness score from 1-10. <http://etf.wi.gov/financialfitness/>

**Financial Fitness Academy:** Based on your score you will receive recommendations for a tailored section of online learning tutorials (debt management, budgeting, investments and retirement planning, etc.).

**Access to a Financial Coach** (an Ameriprise financial advisor) is free for 30 days if you wish to get help with your financial goals or tasks. This program is available to you for a full year to learn at your own pace (ends December 31, 2018). Anyone with an email address may participate – invite your family and friends!



Would you recognize suicide risk if you saw it? Attend a QPR (Question, Persuade, Refer) training to learn the warning signs for someone in crisis, how to offer hope and where to seek help - possibly saving a life.

Register here <http://go.wisc.edu/K0euoe> or contact the Employee Assistance Office (608-263-2987) to request a training at your worksite.

You may already know of StayWell’s biometric screening and Well Wisconsin’s \$150 incentive for participation. Working with a certified **StayWell Health Coach** can have you feeling your best at work and at home. Your coach helps you set personal health goals and determines realistic steps for making and sustaining change. Participants must be members of the State of WI Group Health Insurance Plan. Questions?

Contact StayWell at 1-800-821-6591 or visit the website <https://wellwisconsin.staywell.com>

