



Employee Assistance Program

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Resources for Managers

EAP (Internal)

- [EAP Website](#)
- [EAP Covid19 Resources](#)
- [EAP Newsletters](#)
- [EAP Extensive Mental Health Resources](#)

FEI (External EAP)

- [FEI](#) Username: Madison
- [FEI Covid19 Webinars](#) (Free Replay)
- [FEI Webinar Archive](#) (Free Replay)
- [FEI Manager Resources](#)
- [Online Intake Form](#)
- Work Life Services (coming soon)

Our external EAP provider, FEI Workforce Resilience, will be providing our employees with a new benefit starting in March. It will include consultation for **Work-Life, Legal and Financial issues**. To access this benefit, employees will call FEI directly to speak with a counselor and to be connected with these services. See below for a brief description:

Work-Life Benefit (Unlimited) offers consultation and referrals for: • Child care • Adoption • K -12 & Higher Education Resources • Elder care • Dependent care

Legal Benefit (One consultation per issue): • Bankruptcy, foreclosure • Home sale/purchase or lease agreement • Separation or divorce • Adoption • Child custody/child support • Simple will • Traffic, civil or criminal matters • Elder law • Legal document review • Simple dispute resolution • Online legal content and document library

Financial Benefit (One consultation per issue): • Managing expenses and debt • Preparing a realistic budget • Dealing with tax-related questions • Planning for retirement • Identity theft solutions • Investing in a college education • Student loan coaching • Home purchase education • Credit report review • Online financial resource center

More information will be forthcoming in our March Connections newsletter.



Examples of Trainings Available to Your Department

- Resiliency & Wellness
- Vicarious Trauma & Compassion Fatigue
- Mental Health During the Pandemic
- Substance Use in the Workplace
- Others available upon consultation

Additional Resources

- **Resiliency Series (See Attachment)**

Resiliency is our ability to bounce back from adversity. During these uncertain times, it is important to actively work towards being more resilient by learning to thrive within the stress. It is important to be conscious of how you are feeling, to be compassionate with yourself, and to be aware of how you have been impacted by COVID-19. See the document, *Building Resiliency Exercises*, for 6 mini-exercises to increase happiness and build resiliency by exploring mindfulness, human connection, gratitude, positive outlook, purpose, and generosity.