



# Your Employee Assistance Program: Live life to the fullest potential

PG&E's Employee Assistance Program (EAP)<sup>1</sup> offers confidential support for managing life's demands at no cost to you and your dependents/household members:

- No-cost initial consultation with a financial coach or attorney
- Each person is eligible for up to eight visits per issue with a licensed counselor each year via video, phone, or face-to-face<sup>2</sup>
- Online resources such as articles, videos, and provider search
- Work/life referrals for child and adult dependent care, pet resources, support groups, and more
- Consultations and tools for supervisors

## It's easy to access the EAP

- Visit [mypgebenefits.com/EAP](https://mypgebenefits.com/EAP) to find contact information for EAP onsite counselors, available onsite and virtually to employees; virtually to dependents.
- Visit [pge.mybeaconwellbeing.com](https://pge.mybeaconwellbeing.com) to schedule a video, phone, or face-to-face EAP appointment with a counselor in your community or to request financial, legal, or work/life services.
- Call **1-888-445-4436** | **1-800-735-2962** (TTY) to get help accessing EAP services or to speak to a licensed counselor 24/7.
- Visit [achievesolutions.net/pge](https://achievesolutions.net/pge) for tip sheets, videos, and more.

## Alcohol/Substance Use Disorder Support

- EAP is available to provide confidential support and referrals to employees and their families with drug or alcohol use issues. Call 1-888-445-4436 to get started.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is available 24/7 for confidential information and referrals. Call **1-800-662-HELP** | **1-800-487-4889** (TTY) or visit [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov).
- Many community organizations can also help with drug or alcohol concerns. Visit [mypgebenefits.com/EAP](https://mypgebenefits.com/EAP) > DRUG AND ALCOHOL USE DISORDER SUPPORT for more information.

Employees and supervisors are encouraged to seek assistance before drug and/or alcohol use affects safety or job performance. For further information on PG&E's policy regarding the use of prohibited drugs, please refer to the Employee Code of Conduct ([pgweb > PG&E@Work > Code of Conduct](#)) and the DOT Drug and Alcohol Misuse Prevention Plan ([mypgebenefits.com/DOT](https://mypgebenefits.com/DOT)).

<sup>1</sup> When you or your family member participates in any service provided by the EAP, involvement is treated confidentially in accordance with all state and federal laws and company policy.

<sup>2</sup> Visits are per member, per issue, per year. If you've already met your session limit, you can see a counselor through your medical plan at an affordable cost.

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