We’re all human.
The University System of Georgia cares about your whole health. That’s why we’ve partnered with Espyr, a company with a proven track record of helping people. They offer services to help you in every aspect of your life.

How do you contact Espyr?
It’s easy. Just call 1-888-960-3305 anytime, 24/7. You can also confidentially request support at espyr.com.
WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM (EAP)?
A EAP is professional help when you need it in your work or personal life. It’s trained knowledgeable resources to provide advice for the many life issues we all face. Espyr has customized an assistance program offering professional counseling and consultation for you and your families. All these resources are confidential and at no cost to you.

Espy offers assessment, counseling and referral services for a wide range of issues. Their professionals will help you to identify and clarify your concerns, explore options and develop a plan of action to create solutions that work for you. If additional assistance is needed, you will be referred to the most appropriate and affordable resources.

WHO PROVIDES THESE SERVICES?
Espy is a company with a mission to help people and organizations maximize their potential. Espyr employs a network of over 45,000 licensed and certified counselors, in a variety of disciplines -

- Attorneys
- Financial Advisors
- Eldercare Specialists
- Childcare Specialists
- Professional Counselors
- Clinical Social Workers
- Alcohol and Drug Counselors
- Marriage and Family Therapists
- Psychologists

Espy also offers extensive online resources to help with all kinds of common life challenges. You can find expert advice on a wide range of topics, gather information, find new resources and take valuable self-screenings. Visit espyr.com anytime to learn more.

Download the Espyr App
Website & Mobile App Password: USGCARES

WHAT SORT OF HELP ARE WE TALKING ABOUT?
Espy is an invaluable resource for personal life issues where you may need professional advice or guidance -

- Legal Advice and Services
- Financial Counseling
- Childcare Resources and Referrals
- Eldercare Consultation, Resources and Referrals
- Online Legal and Financial Library
- Academic Resources for your children (or you) on a variety of educational issues
- Adoption Resources needed to facilitate an adoption
- ID Theft Recovery
- Pet Care Services and Referrals
- Relocation Resources
- Concierge Services

Plus, here’s a range of the issues experienced counselors are available to help you with:

- Stress
- Life Adjustments
- Crisis Situations
- Family, Marital or Relationship Problems
- Alcohol and Drug Issues
- Work Related Difficulties
- Psychiatric Issues
- Emotional Concerns
- Medical Problems

IS COUNSELING REALLY CONFIDENTIAL?
Yes. Counseling sessions are completely confidential, within the bounds of the law. Your counselor will be glad to discuss confidentiality issues with you.

WHAT DOES THIS COST ME?
Nothing. These services through Espyr are at no cost for you and any dependent family members. If a counselor should refer you to an outside specialist for services beyond the EAP’s coverage you may be responsible for the cost of those services. Your counselor will assist you in finding providers that are most affordable or covered by insurance.

CAN SUPERVISORS REFER EMPLOYEES TO THE EAP?
Occasionally, a supervisor may recommend that an employee contact the EAP for certain situations. Everything discussed between the counselor and employee is strictly confidential, unless the employee gives written consent otherwise.