

# CVUSD



The Employee Assistance Program (EAP) provides employees and their household members with **free, confidential assistance** to help with personal or professional problems that may interfere with work or family responsibilities and obligations. Services are available 24 hours a day, 7 days a week via a toll-free nationwide number. Employees and their household members can receive up to 6 counseling sessions per person, per problem, per year.

**Classified Staff** -To access EAP benefits, go to [www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt) or you may call (877) 397-1032 to be immediately connected to an EAP counselor.

**Management/Admin/Confidential and Certificated Staff** – To access EAP benefits you may call 800-999-7222 to be immediately connected to an EAP counselor or visit their website [www.anthemEAP.com](http://www.anthemEAP.com)