Self-Help Resources

A vital benefit to help with everyday issues!

Access 25,000+ trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

Higher education personnel face daunting challenges: budget cuts, students at risk, and campus safety, are just a few emerging issues. Higher Ed EAP offers resources to address specific higher education challenges.

Other Topics Include:
- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

Resource Centers:
- Classroom Management, Pedagogy & Teaching Resources
- Campus Issues: Risk Management & Prevention
- Tech Tools For Higher Ed
- Grants, Fellowships & Awards
- Student Problems & Issues

More benefits, higher satisfaction.

1-800-252-4555  HigherEdEAP.com

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IT'S EASY TO ACCESS SELF-HELP RESOURCES!

1. Go to www.HigherEdEAP.com and click the Employee and Family login button.

2. If you’ve already created a User Name and Password, simply log in.

3. If this is your first visit, click REGISTER and fill out the form to create your User Name and Password.

* You only need to register once.

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