WorkLife Programs Employee Assistance

Human Resources WorkLife Programs Employee Assistance offers access to counseling and referral services that are confidential and professional. Services are available to benefits-eligible faculty and staff, official retirees, dependent family members, same-sex domestic partners and families of deceased employees.

WorkLife Programs Employee Assistance’s primary objective is to provide a safe harbor where one can address personal, family or work-related issues and regain perspective and productivity.

All information gathered in counseling, including the fact that one has come to Employee Assistance, is kept confidential, in compliance with professional ethical codes and state and federal laws. Employee Assistance also complies with current federal regulations in accordance with the Health Insurance Portability and Accountability Act (HIPAA).

Employee Assistance can help with the following issues:

- Marriage or adult relationships
- Parent-child relationships
- Stress (including work-related, anxiety and self-esteem issues)
- Depression
- Problem drinking and drug abuse
- Elder care-giving
- Adjustment following divorce
- Anxiety and panic disorders
- Child behavior problems
- Single parenting concerns
- Other personal problems that affect work-life
- Grief and loss issues

Employee Assistance counselors are well-acquainted with local mental health care professionals and can help guide an individual or family to the mental health provider who is most appropriate for their situation and personality.

The Employee Assistance counselor will thoroughly assess the situation. The counselor will help the individual find the appropriate care provider and work with the client to develop important questions the individual will want to ask when at the first appointment.

Although one is not required to work with an Employee Assistance counselor before seeking mental health benefits through Purdue’s medical plan, experience shows that individuals have better results when a qualified professional helps guide them through the process.

Hours and Location
State Street Office Facility (SSOF)
1601 W. State St.
West Lafayette, IN  47906
(765) 494-5461
Hours: Tuesday-Friday, 8 a.m.-noon; 1-5 p.m.