



SUPPORTING YOUR WELL-BEING

EMPLOYEE ASSISTANCE PROGRAM

**You are the University of Missouri's most important resource.
Your personal and professional well-being is critical to achieving our shared mission.**

The MU Employee Assistance Program (EAP) provides MU, MUHC and UM System employees and their household members access to free, confidential help for personal or professional challenges.

❑ Program offerings:

- Five (5) free counseling sessions per presenting issue.*
- Appointments available in-person, virtually or by phone.
 - On-site appointments available for both MU and MUHC campuses.

❑ For scheduling:

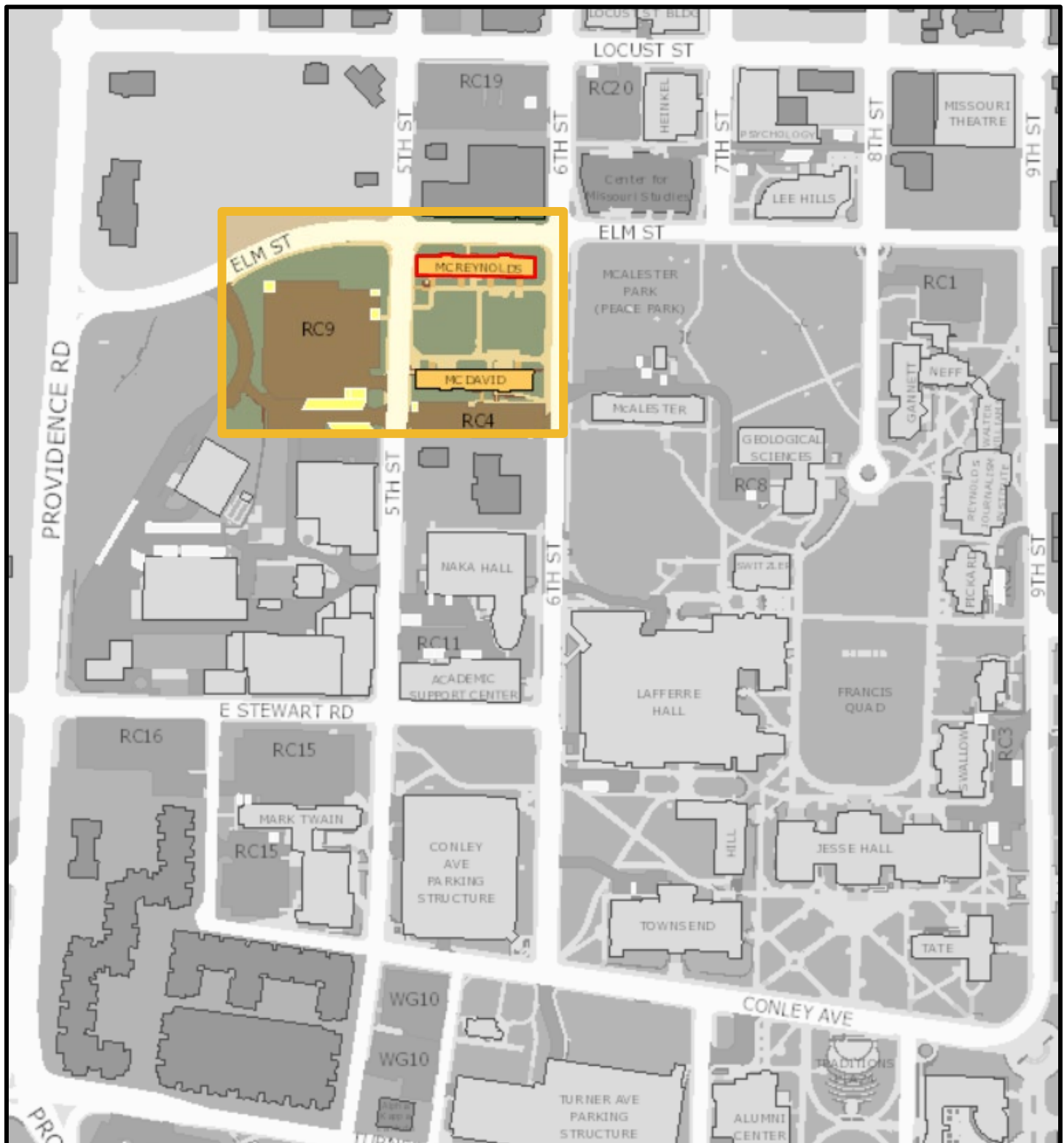
- Contact the HR Service Center at (573) 882-2146.
- Reserved parking available at McReynolds Hall for in-person appointments.
 - See map on reverse.

MU Employee Assistance Program

McReynolds Hall, Suite 465 | 301 South 6th Street
Monday - Friday | 8:00 a.m. - 5:00 p.m.

For after hours and weekend support, contact Optum EAP at (866) 248-4094.

* Columbia EAP does not offer financial or legal advice.



Human Resources
University of Missouri

Office of Human Resources | (573) 882-2146
hrservicecenter@umsystem.edu | umurl.us/EAP