



OKLAHOMA EMPLOYEE ASSISTANCE PROGRAM
We're here to help you move forward.



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A STATE OF WELL-BEING



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What is EAP?

The State of Oklahoma Employee Assistance Program (EAP) is a benefit designed to help state employees and their immediate family members deal with life's many challenges that can impact their job performance, health, and personal well-being.

Our Mission

The mission of the Employee Assistance Program is to empower state agencies and employees to build hope and resilience by educating and promoting positive mental health.

Who is Eligible for Services?


All State of Oklahoma employees and their immediate family members are eligible to participate in the Oklahoma EAP. Any employee or family member may contact the EAP Office at **(405) 248-9007** or through email at EAP@odmhsas.org

How Much do Services Cost?

There is no charge to the employee or family member to utilize EAP services. At which time the employee or family member is needing additional services outside of EAP, they will need to cover the costs of those treatments.

More Information

To learn more about the program, receive confidential assistance, or to set up an appointment with an EAP representative, please contact the Oklahoma Employee Assistance Program at:

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EAP Services

The Employee Assistance Program office provides short-term interventions as well as resource referral assistance to state employees and their families seeking help with challenges related to mental health and/or substance use, emotional, gambling, marital, family relations, financial, work related issue, stress, grief/loss or other personal problems. EAP services are offered over the phone or through a telehealth platform.

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Case Management

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EAP Programs

Wind Down Wednesday - a virtual support/ educational group that provides a safe place for employees to share and connect with others that are dealing with similar issues and stressful situations.

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Postvention

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