

Employee Assistance Program



[The Lexington Group, Inc.](#) is the Employee Assistance Program provider for CSCU employees at the System Office, CT State & its 12 campuses, Central CT State University, and Southern CT State University. (Eastern and Western CT State University employees should contact [Solutions EAP](#) at 800-526-3485, while Charter Oak State College employees should contact [UCONN Health EAP](#) at 800-852-4392).

The Lexington Group can be reached at 1-800-676-HELP (4357)

Call your EAP provider today for confidential, 24/7 around-the-clock assistance for all of life's challenges. In an emergency, call 911. When an employee or household family member calls The Lexington Group, it will be answered by a master level counselor who will gather the information for everyday cases, supervisory concerns, and handle any imminent crises.

The Lexington Group EAP at a glance...

The Employee Assistance Program is a free, professional, and confidential service for employees and their family members for any personal and/or work-related problems that could potentially impact job performance, health, and mental or emotional well-being. No information regarding your identity or participation may be disclosed to anyone outside of the program without your specific written consent. In cases involving supervisory or management referrals to address performance concerns, you may be asked to grant limited consent for reporting follow-on participation and recommendations. However, neither the nature of the recommendations, nor the content from any EAP sessions will be disclosed.

[The Lexington Group, Inc.](#) EAP counselors are available 24/7 for employees and their family members for prompt, confidential assistance with stress, emotional difficulties, marital and family issues, alcohol and drug problems, or financial or legal concerns that may be affecting work performance. Use of the EAP is voluntary, and confidentiality is assured. Six (6) sessions of short-term counseling are provided free-of-charge.

When you call The Lexington Group, a licensed mental health professional will listen to your problem, ask a few questions, and you will be referred to an EAP counselor at a location convenient to you. You then make an appointment to meet with the EAP counselor at a convenient time. After discussing the nature of your problem, the EAP counselor will recommend a course of action. If referral to an outside provider is recommended, your EAP counselor will direct you to the most appropriate resource available while taking into consideration your health care plan. The decision to accept the recommendation for counseling or treatment is entirely up to you. Most employee needs are met by the EAP and do not require referral.

We urge you to take advantage of this benefit. Please feel free to call the EAP 24 hours a day at 1-800-676-HELP (4357) to arrange for a confidential session with an EAP counselor.

Please visit their website for help, resources, and archived newsletters on topics of Addiction, Emotional Stress, Finance and Legal, Health and Fitness, Job Stress, and Marriage & Family at <https://the-lexington-group.com/>. Please enter the CSCU employee password provided under separate cover. If any employee does not know the password, they are encouraged to either bypass the website and call 800-676-4357 directly or to put in a password request online.