

Burlington School District Employee Assistance Program



What is EAP?

Through [INVEST EAP](#) the Burlington School District provides all employees and their family members with confidential, short-term counseling, assessment, and resource and referral information on a variety of life and work issues. EAP is totally confidential. No identifying information about who uses the service is given to the Burlington School District.

Who is covered under the EAP?

All employees of the BSD and their household members are eligible for services and resources through INVEST EAP.

What issues can INVEST EAP help with?

EAP can assist with a variety of personal/work problems or concerns that can interfere with employee work performance including:

- Family/relationship/marital problems
- Anxiety/Stress
- Depression
- Anger
- Financial stress
- Problem with co-worker
- Alcohol/substance abuse
- Life transitions

Do employees need to pay for EAP services?

EAP services are provided as an employee benefit. There is no direct cost to employees for utilizing EAP services.

How can INVEST EAP be accessed?

- Employees or their household members may contact INVEST EAP anytime (24/7) at **800-287-2173**.
- They can also be found on the Web at www.investeap.org. The BSD password for online access is **vsbit**.

INVEST EAP

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