

A Manager's Guide to the Johns Hopkins Employee Assistance Program (JHEAP)

Are you looking to learn more about how to support your team's emotional well-being? The Johns Hopkins Employee Assistance Program (JHEAP) is available to provide confidential and expert consultation to help managers, supervisors, and leaders.

Join the JH Clinical Account Executive, Lisa DeWitt, for a manager overview session of JHEAP at 1 p.m. on Wednesday, January 31.

Register in advance [here](#).

This session will:

- Explain JHEAP services and how to access them.
- Locate information on the full range of JHEAP services, for both employees and their household members.
- Identify resources through JHEAP that managers can use to support well-being on their teams.
- Identify best practices managers can implement to assist team members in distress or through critical events that impact the team.
- Learn how managers can provide support without taking on the role of a therapist.

Free and confidential support—for employees, leaders, and household members—is available 24/7/365 by calling the JHEAP at 888-978-1262. Bypass the phone call and submit your counseling request via the [online request form](#).

Managers can also access additional training on myLearning to assist with well-being on their teams, such as [The Role of the Leader in Managing Stress](#). This is a complementary follow-up training to learn how to recognize and reduce workplace stress.

For more information, visit the [JHEAP website](#) or for non-urgent questions email eap@jh.edu.