



Support and assistance is here when you and your family need it. Please reach out to either of our two **free and confidential** Employee Assistance Programs (EAP)



Call 24/7: **(800) 451-1834**. Schedule confidential, **face-to-face, phone, video, text or chat** assistance with professionals that's private, confidential.
<https://myassistanceprogram.com/miia-eap>
company code: miiaeap



MENTAL HEALTH
COUNSELING



ORGANIZATIONAL
DEVELOPMENT & TRAINING



LIFE COACHING



MEDICAL ADVOCACY



WORK/LIFE RESOURCES



LEGAL/FINANCIAL
RESOURCES



company code: miiaeap

Human Relations Service
11 Chapel Place
Wellesley, MA 02481
(781) 235-4950



HRS HELPS

HRS is a private, non-profit agency in Wellesley Hills. It has served local residents since 1948 and Town employees since 1987.

A program to help staff with the stresses of life and work – including personal and family issues, drug or alcohol problems, and job-related tensions. It offers prevention and intervention to reduce these stresses and improve coping skills.

Counseling: Each employee is entitled to up to ten free, confidential counseling visits. Family members may also be seen within the ten visits. Employees may use their own resources and health insurance for further counseling.

Consultation: HRS offers consultation about management, leadership, and personal issues to supervisors, individually and in groups. Consultation is also offered to staff members about personnel and other issues.