

Employee Assistance Resources

All Employees:

Lyra

US: 888-632-3189

Canada: 1-800-874-3817

UVMHN.Lyrahealth.com

Lyra EAP offers free, confidential telehealth and in-person support for employees and household family members. Contact Lyra EAP for assistance and to access the following resources:

- Lyra Preventative Care: Including an on-demand library, guided self-care and mental health coaching
- Lyra for Clinical Needs: Lyra Therapy and Medication Management
- Lyra for Complex Needs: Including Lyra Renew for alcohol use, Lyra DBT, Mental Health Evaluations and more
- Lyra Work/Life Services: Including financial, legal, identify theft support, and child, elder, and pet care for day to day needs

Working Bridges

Working Bridges, an initiative of the United Way of Northwest Vermont, provides a Resource Coordinator who works with employees seeking connection to community resources to address life issues that may affect work. This assistance helps employees to navigate challenges such as housing, transportation, childcare, financial coaching, budgeting, debt management, legal issues, and more. Contact Virginia Finn, Resource Coordinator, 802-735-4599 or virginia@unitedwaynwvt.org.

EastRise Federal Credit Union Pay Advance Loan Program

This programs provides employees with access to loans of up to \$1,000 for first request and \$1,400 for subsequent requests (pro-rated for part-time employees). Eligible employees must be actively employed in good standing with a minimum of 6 months of service. This loan is treated like a conventional bank loan with interest applied. This program is handled exclusively through EastRise Credit Union. Applications are available on the [EastRise website](#), select Personal Loans, and confirm if you have an EastRise account and choose the Payday Loan option. If you have any questions, contact EastRise at (800) 400-8790.

University of Vermont Medical Center

Employee and Family Assistance Program

EFAP offers free, confidential telehealth and in-person support for employees and immediate adult household family members. Contact EFAP at (802) 847-2827 or EFAP@uvmhealth.org

LeRoyer Employee Emergency Financial Support

This program provides assistance for financial emergencies caused by unexpected events (ex. Unplanned housing needs, shutoff of major utilities, sudden illness of self or family member, unexpected death of family member). Eligible employees must be actively employed with a minimum of three months of service (regular permanent status). Assistance is given in the form of a loan. Applications are available on the UVMHC Intranet or by contacting EFAP at (802) 847-2827 or EFAP@uvmhealth.org.

Champlain Valley Physicians Hospital Employees

CVPH Employee and Family Assistance (EFAP)

Offers confidential support for employees and immediate adult household family members. Call 518-314-3702

- UVMHN-CVPH currently will cover the first 6 visits for the employee or family member. (Spouse/Significant Other/Children)
- A current list of EAP Providers is located on the intranet under HR Central/ Health & Wellness/Self-Care/Employee Assistance Program Providers.
- When contacting a provider, please provide your name and identify that you are a UVMHN-CVPH employee. Family members calling will need to indicate they are a family member of a UVMHN-CVPH employee.
- All services are confidential.

CVPH Occupational Health & Wellness

518-562-7305/518-562-7465 or email OccupationalHealth@cvph.org

The Janice McLean Fund

The Janice McLean Employee Assistance Fund is designed to assist CVPH employees with more than 6 months of service, who have a financial emergency and have no other resource to turn to for assistance. The Fund is meant to fill a need which cannot be met through any other agency. Employees are eligible to receive up to \$750 for family emergencies in the form of an interest-free loan from the Janice McLean Fund. In very extreme cases, the committee may decide to award a one-time grant. Application can be accessed on the CVPH intranet. Completed applications should be submitted to CVPH Human Resources.

Porter Medical Center Employees

Mission Possible Employee Crisis Fund

The Mission Possible Employee Crisis Fund can provide confidential financial assistance to employees having an unforeseen crisis and no other resources. Funds are distributed directly to creditors as a one-time gift (up to \$500) with no repayment obligation. Decisions are made by Porter's Mission Possible Employee Committee. Members only see blinded applications from HR in order to protect your confidentiality. Contact Porter Human Resources for an Application or Download one from the PMC Intranet.

Alice Hyde Medical Center Employees

AHMC Occupational Health & Wellness

518-481-2415