



Library of Congress Employee Assistance Program

The Library of Congress has partnered with ESPYR to provide employees and their family members with a comprehensive Employee Assistance Program (EAP) that is free and confidential. The EAP is available 24/7/365 and provides the following services.

Work-Life Services

- *Legal* consultation provided by attorneys. Simple Wills prepared at no cost. 24-hour emergency services, consultation with a mediator, consultation with a fraud/ID theft specialist are also included. A 25% discount off the mediator or attorney fees for services rendered beyond the EAP.
- *Financial* consultation regarding debt matters, investment options, money management, tax preparation and consultation and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.
- *Child care* information and referrals for all types of child care, as well as camps and schools
- *Elder care* services to assess elder care needs, locate resources and arrange referrals
- *Adoption* specialists share information, organize and arrange referrals for all stages of this process.
- *Academic* resources including customized profiles of kindergarten through graduate school. College planning guidebooks are available. Referrals to tutors are available.
- *Pet care* services that offer referrals to breeders, groomers, walkers, sitters, kennels, vets, and pet publications.
- *Special needs* services and referral to assess employee needs, educate, and make referrals for various special needs affecting employees and their families such as heart disease, ADHD, disabilities, diabetes and more.
- *Daily Living and Concierge* resources that provides referrals such as for home improvement resources, cleaning services, travel information and more.
- *Relocation* services and referral information provided to employees who are moving. Referrals include moving companies, housing options, utility companies, schools and more.

Counseling Support

- Employees and their dependents have access to speak with a counselor 24/7/365 for Immediate Support via a dedicated toll-free number.
- Face-to-face counseling sessions are available. Common issues addressed with the EAP include stress, marital/family problems, job related concerns, life transitions, work-life challenges, and emotional issues.

On-Line Resources

- The website offers educational screenings, assessments, videos, quizzes, courses, articles, financial calculators, child and eldercare service locator. Employees and their dependents also have the option to confidentially request EAP services via the website.
- Monthly Webinars on various personal and professional development topics
- Access to Espyr's mobile app that can be downloaded for free on the Apple Store or Google Play.

ESPYR is here to help!

For more information, contact us 24/7/365

Phone: (800)869-0276 | Online: visit www.espyr.com