



**Public Safety  
EAP** *A division of ESI*

## Information Resources:

### *A vital benefit to help with everyday issues*

Public safety professionals face daunting challenges: budget crises, rapidly changing technology and the impact of social media are just a few emerging issues. Public Safety EAP offers extensive links, tools, discounts, and resources to help public safety personnel deal with these and other professional challenges.

- **Challenges of Military Deployment & Homecoming**
- **Budget Helpers, Grants & More for Public Safety Personnel**
- **CISM, Stress, Depression & Other Mental Health Issues**



*To access this benefit*, you can call the EAP or log on to the website, **[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com)**, for thousands of articles, videos and tools to help you resolve personal problems. Find information on thousands of topics including:

- **Adoption & Childcare**
- **Financial Planning**
- **Consumer Rights**
- **Mental Health**
- **Divorce**
- **Home Ownership**
- **Legal Issues**
- **Loss and Grief**
- **Stress**
- **Elder Care & Childcare Locators**
- **Family Violence**
- **Work-Life Balance**
- **Wills and Other Legal Forms**
- **Training & Education**

*More benefits than any other EAP.*

**[www.PublicSafetyEAP.com](http://www.PublicSafetyEAP.com) • 1-888-327-1060**

## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to [PublicSafetyEAP.com](https://PublicSafetyEAP.com)
2. Click **Employee & Family Login**
3. If you've already created a User Name and Password, simply enter that information in the appropriate boxes.  
**If you have not registered, complete steps 4 - 7.**
4. Click on REGISTER HERE
5. Enter your employer's name and click Continue
6. Your employer's name will appear; select the button and click Continue
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**

You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles
- 800,000 Child/Elder care providers
- Personal Growth programs
- Mental and Physical Health assessments
- Financial tools and calculators
- Career Development information
- 900 Health videos
- Plus, important new resources that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access hundreds of personal and professional development trainings and courses.

### LOCATORS

Search for childcare and eldercare resources in your local area.

### RESILIENCE JOURNEY

An interactive new benefit to help you develop your maximum potential, experience less stress, less depression and improve physical and emotional health.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

**SDAO** Special Districts  
Association of Oregon

**SDIS** Special Districts  
Insurance Services

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