



Access Caterpillar's EAP for personal support and resources for coping during the Coronavirus outbreak.

EAP.cat.com > Novel Coronavirus Resources

Employee Assistance Program (EAP)

Caterpillar's EAP is a **voluntary, confidential** service provided to employees and their eligible family members to help meet many challenges at home and work. There is **no cost** to use the EAP.

EAP can help with these and many other personal concerns:

- Stress and anxiety
- Mental health concerns
- Drug, alcohol and other addictions
- Grief and loss
- Parenting and child concerns
- Help finding child and elder care
- Work and family relationships
- Work stress
- Change management
- Relocation support
- Legal and financial problems
- Debt management

Access EAP 24/7 by phone, web or mobile app.

 +1-866-228-0565 or +1-309-820-3604

 CaterpillarEAP.com

 EAP.cat.com

Download the **Lifeworks** app now at your device app store.