



Contacting Your EAP

For access in North America and global support, call:
+1-866-CAT(228)-0565 or +1-309-820-3604

Global access numbers can be found at:
CaterpillarEAP.com

- » Click "Get started now"
- » Choose a location under "Where do you live?"
- » Select company; click Caterpillar or Caterpillar Inc.
- » Select a language (optional)
- » Click "Global Helplines"

EAP Website and email access to services
CaterpillarEAP.com

Internal Caterpillar Benefits site and onsite EAP access
EAP.cat.com

Mobile app and text access
Download the My EAP app for iOS, Android and Blackberry

Onsite Access

In addition to the services provided in your community, many locations have EAP services available onsite. If your facility isn't listed below, check with your local HR manager or medical clinic for availability.

Admin Building (AB).....	1-309-675-6263
Aurora.....	1-630-859-5958
Corinth/Prentiss.....	1-662-286-7407
Decatur.....	1-217-475-4312
East Peoria AD.....	1-309-578-3189
East Peoria SS.....	1-309-578-3189
Joliet.....	1-815-729-6281
Lafayette	1-765-446-6703
Mapleton	1-309-633-8419
Morton	1-309-266-3441
Mossville	1-309-578-3189
Pontiac	1-815-842-6111
Tech Center.....	1-309-578-3189
Tiruvallur India.....	18001029107 or 08049653291
Burnie Tasmania	1300 588 771

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EMPLOYEE ASSISTANCE PROGRAM (EAP)



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About the Vendor

Caterpillar's Global EAP is provided through a partnership with Morneau Shepell, the world's largest provider of Employee Assistance services, with the ability to provide 24/7 support in over 170 countries worldwide. With support from Caterpillar, Morneau Shepell has carefully selected a global network of EAP providers that can deliver services in the language and the communities where our people live and work.



CATERPILLAR EMPLOYEE ASSISTANCE PROGRAM (EAP)

Caterpillar's EAP helps employees and immediate family members privately resolve problems that may interfere with life at work or at home. EAP is confidential and free of charge.

About EAP

The Employee Assistance Program (EAP) is a voluntary, confidential service provided to employees and their eligible family members to help meet many challenges at home and work. Caterpillar was one of the first companies to offer EAP decades ago. EAP is now a standard Caterpillar benefit worldwide supporting the well-being of Caterpillar employees, families and workplaces.

Cost and Confidentiality

There is no cost to you or your family to use your EAP. The EAP offers a variety of in-person and online services, including in-person counseling. When specialized or long-term services are needed, fees may apply, and they may be covered by other company benefits.

Regardless of whether you contact EAP on your own or if a supervisor recommends EAP, all services are completely confidential. No one at Caterpillar will know you have used the EAP unless you choose to tell them.

Global access and regional provider information can be found at CaterpillarEAP.com

How EAP Can Help

Most of us have the support of our family, friends, neighbors or religious leaders. But speaking to a trained helping professional about a private concern is very common today. Often when help is needed, it can be costly and difficult to locate.

EAP provides information, online resources, personal assessment, counseling and referrals delivered by professionals who are trained help us resolve a variety of personal and workplace concerns. When additional services are needed, they guide us to appropriate resources. EAP is very easy to access.

EAP provides clinical counseling, work/life referrals and professional advice for these and other concerns:

Achieving Well-Being

- Stress and emotional concerns
- Grief and loss
- Crises and emergencies
- Building resilience

Improving Relationships

- Marriage and partner
- Supervisory and peer
- Parenting

Dealing with Workplace Challenges

- Stress
- Performance
- Work-life balance
- Managing change

Tackling Addictions

- Alcohol
- Drugs
- Tobacco
- Gambling

Finding Child/Elder Care Resources

- Child care
- Nursing/Retirement homes
- Schooling

Legal Advice

- Family law
- Separation/Divorce
- Custody

Financial Guidance

- Debt management
- Bankruptcy
- Retirement

Relocation Support - Domestic and ISEs

- Predeparture assessment
- Cultural adjustment
- School information
- Relocation stress
- Family support

EAP is a Referral Source for Those in Need

- Supervisory referrals
- Family members
- Peer referrals

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