



**Entertainment  
Community Fund**  
Formerly The Actors Fund



# **Metropolitan Opera Employee Assistance Program**

Administered by the  
Entertainment Community Fund

# What is the Employee Assistance Program (EAP)?

The Employee Assistance Program for Metropolitan Opera employees is a free and confidential service designed to provide support and find solutions to a wide range of personal or work-related problems.

The Metropolitan Opera Employee Assistance Program has engaged the Fund to provide employees access to social workers who can help identify and find resources to resolve family, personal or work-related problems.

The Entertainment Community Fund is a national human services organization that fosters stability and resiliency, and provides a safety net for performing arts and entertainment professionals over their lifespan.



**Call your Entertainment  
Community Fund EAP at  
917.281.5919**

**For emergencies after  
hours or on weekends call  
212.221.7300**

## Who is eligible?

The Metropolitan Opera EAP is available to all current Metropolitan Opera employees.

## Is the EAP confidential?

Yes. The Entertainment Community Fund's services are confidential. The Fund is committed to protecting your privacy and maintaining confidentiality, except in legally mandated situations. Your information is not shared with your employer.

## What services are offered?

### Counseling Services

Clinical social workers provide confidential short-term counseling and support, and when appropriate, provide referrals to outside providers and community agencies around a range of challenges related to:

- Family or relationships
- Life changes
- Illness or disability
- Stress, anxiety or depression
- Workplace issues
- Grief and loss
- Financial concerns

For employees who may need long-term support or additional care, the social worker will help locate referrals for mental health professionals that meet the employee's needs and will work with the employee's insurance provider when appropriate.

### Substance Abuse

Personalized help and advocacy with treatment options and insurance coverage are available when you or your family members are experiencing problems with alcohol or drugs. Confidential support and counseling are provided throughout the treatment process.

## **Senior Care**

The Fund's Seniors program provides seniors and their families a place to turn to receive support, information and help in developing a plan to meet their unique needs. Assistance is available with referrals to elder law attorneys, senior centers, home care services, meal and visitor programs as well as assisted living, nursing homes and rehabilitation centers. Services also include help with accessing entitlements or other benefits.

## **Linkage to Community Resources**

The EAP is your liaison to a wide range of community, government and private organizations such as legal services, child care, housing and public benefits.

## **Work-Life Enrichment**

Workshops are provided on a variety of topics to support you in balancing work and personal life:

- Financial Wellness workshops on debt relief, credit consolidation, budgeting strategies and estate planning.
- Well-Being workshops to support mental health and personal growth such as mindfulness training, stress reduction, understanding addiction and recovery, and communication skills.
- Support groups that address various issues including depression, stress and anxiety, and career transition.

## **Support for Leadership**

Services available to leadership include critical incident debriefing and consultation about employees in crisis. The EAP can assist leadership with issues such as managing employee conflict, job jeopardy concerns and navigating grief and loss. The EAP also provides education on these and other relevant topics.

## **Health & Health Insurance**

The Entertainment Community Fund's Artists Health Insurance Resource Center offers personalized health insurance counseling, guidance and enrollment support, as well as referrals to health care resources.

## How do I contact the EAP?

To make an appointment, call the Entertainment Community Fund at 917.281.5919 Monday–Friday 9:30 am–5 pm ET or email [eastern@entertainmentcommunity.org](mailto:eastern@entertainmentcommunity.org).

For emergencies after hours, call 212.221.7300.

*When you contact us, please make sure to identify your employer.*

## When should I contact the EAP?

There are times when it can be helpful to speak with a professional about relationship or job issues. Problems with a child, family member or co-worker can affect you. Conflicts with a colleague or supervisor can cause stress. Sometimes you may simply need to speak with someone when you are unsure of how to approach a situation. We can help find relevant solutions.

## What can I expect?

When you call, a social worker will talk with you briefly, ask a few questions about your situation and schedule an appointment at a time and date that is convenient for you. When you meet with a social worker, they will continue that dialogue and work with you to help find possible solutions. Services are free and confidential. None of your information is shared with your employer.

## What do the EAP services cost?

The Metropolitan Opera has contracted with the Entertainment Community Fund to provide these services at no additional cost to you. If an outside referral is made, the Entertainment Community Fund always takes into consideration your health insurance coverage and affordability.



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### **Additional Services at the Fund:**

- The Housing Resource Center provides information and education around finding affordable housing, understanding tenants' rights and more.
- The Career Center can help you identify and find meaningful secondary work to support your performing arts career.
- The Friedman Health Center in Times Square offers primary and specialty care for those in the entertainment industry, and accepts most insurance plans.
- The Actors Fund Home, located in Englewood, NJ, provides short-stay rehabilitation and assisted living services for performing arts professionals and their family members.

Sign up to learn more about the Entertainment Community Fund's services at [entertainmentcommunity.org/WGS](https://entertainmentcommunity.org/WGS).

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[entertainmentcommunity.org](https://entertainmentcommunity.org)