



THE UNIVERSITY OF THE WEST INDIES

ST. AUGUSTINE, TRINIDAD & TOBAGO, WEST INDIES

OFFICE OF THE CAMPUS REGISTRAR

THE HUMAN RESOURCES DIVISION

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MEMORANDUM

TO: All Staff *Coreen Copland*
FROM: Mrs. Coreen Copland-Campbell - Director, Human Resources Division
DATE: 30 April, 2024
SUBJECT: **New Employee Assistance Provider – PEAPSL**

The UWI has recently partnered with PEAPSL as our new Employee Assistance Programme (EAP) provider. This partnership is part of our ongoing commitment to better serve our staff by enhancing the support services available.

What is EAP?

EAP is a system of support that offers free and confidential services designed to assist employees and their dependents with personal or work-related issues that may impact their well-being or job performance. It provides a range of services aimed at promoting mental health, work-life balance, increased productivity and a healthy work environment.

Who can access EAP?

All members of staff and their dependents are eligible to access EAP services.

How can EAP be accessed?

Accessing EAP services is simple and confidential. Employees can contact PEAPSL directly to schedule an appointment. Sessions can be conducted in person, over the phone or virtually, depending on the individual's preference and availability.

EAP addresses a wide range of issues affecting mental and emotional well-being such as:

- Alcohol and Substance abuse
- Stress
- Grief
- Family Problems
- Psychological Disorders

PEAPSL will be a valuable resource for our staff and we encourage all employees to take advantage of this service whenever they feel the need for support or assistance.

Contact PEAPSL:

34 Casuarina Avenue, Petrotrin Compound, Point-a-Pierre – (868) – 658-1291

109 Seventh Street, Barataria – (868) – 235-5327

89 Ojoe Road, Sangre Grande – (868) – 232-3749

24 hour Emergency Hotline – (868) 344-HELP (4357)

Additional contact: (868) – 461-8783

Email: info@peapsl.com or marketing@peapsl.com

Website: www.peapsl.com