



Supporting Hawaii's Construction Industry: One worker at a Time

Why an Employee Assistance Program (EAP) Matters on the Jobsite

Hawaii's construction industry builds our homes, schools, roads, and communities. But the work is demanding—physically, mentally, and emotionally. Long hours, tight deadlines, safety risks, and the pressures of island living can take a toll on even the toughest crews. An **Employee Assistance Program (EAP)** gives construction companies a powerful, practical tool to support their most valuable asset: their people.

Construction Is a High-Stress Industry

Construction workers face unique challenges:

- Physically demanding labor and risk of injury
- Long commutes and time away from family
- Financial pressures from the high cost of living here
- Relationship stress, burnout, and fatigue
- Higher rates of substance use and mental health concerns
- Higher rates of suicide

Left unaddressed, these issues impact workers and teams, showing up on the jobsite as accidents, absenteeism, conflicts, low morale, higher turnover, and lost productivity.

How We Help Hawaii Construction Companies

A strong, local EAP provides confidential, professional support for:

- Stress, anxiety, and depression
- Drug and alcohol concerns
- Family and relationship problems
- Financial and legal guidance
- Supervisor consultations and conflict resolution
- Critical incident response after accidents or tragedies

When workers have a safe place to turn, companies benefit from:

- Fewer workplace accidents
- Improved focus and productivity
- Reduced absenteeism and turnover
- Better teamwork and morale
- Lower risk and liability



Built for Hawaii's Workforce

Our team at Employee Assistance of the Pacific partners with many construction companies across the islands. We understand local culture, island lifestyles, and the realities of our local construction industry. Support is available for employees and their family members—by phone, online, or in-person—so help is there when it's needed most.

Healthy Workers = Stronger Companies

Taking care of employees isn't just the *pono* thing to do—it's good business. An EAP is an affordable investment that protects your workforce, your projects, and your bottom line.

Strong foundations start with healthy people.

**Contact us to learn how an EAP can support
your construction team today.**

<https://www.eapacific.com/construction.html>

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