



# Supporting Those who Support our Keiki

## Why an Employee Assistance Program (EAP) Matters for Hawaii's Education Workforce

Hawaii's teachers, counselors, administrators, and school staff carry one of the most important responsibilities in our community—educating and caring for the next generation. The work is rewarding, but it is also demanding, stressful, and often emotionally exhausting. An **Employee Assistance Program (EAP)** is a vital resource that helps education professionals stay healthy, balanced, and effective.

### The Challenges Facing Hawaii Educators

Education workers today face unique pressures:

- Heavy workloads, staffing shortages, and long hours
- Student behavioral issues and trauma
- Parent and community expectations
- Burnout and compassion fatigue
- Balancing work demands with family life
- Financial and personal stress

Left unaddressed, these challenges can lead to absenteeism, low morale, conflict, and turnover.



### How We Help Hawaii Schools

A strong, local EAP provides confidential, professional support to help education employees manage real-life problems before they affect the classroom:

- Short-term counseling for stress, anxiety, depression, and burnout
- Help with family, relationship, and parenting concerns
- Guidance for financial or legal issues
- Crisis response and grief support for school communities
- Training for supervisors and staff on resilience, communication, and well-being
- Resources tailored to Hawaii's culture and local needs

### Benefits to Schools and Students

When educators are supported, everyone benefits::

- Healthier, more focused employees
- Reduced absenteeism and turnover
- Improved teamwork and morale
- Better classroom performance
- Safer, more positive learning environments

Taking care of school employees is one of the most effective ways to take care of Hawaii's keiki.

## Confidential. Professional. Local.

An Employee Assistance Program is a proven, affordable tool that strengthens Hawaii's education system by supporting the people who make it work every day.

## Healthy Educators = Healthy Schools = Healthy Communities

We support many schools across Hawaii.

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

Contact us to learn how a local EAP can support your team today.

**Employee Assistance of the Pacific**

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