

You Have An Employee Assistance Program (EAP)!



What is it?

The Employee Assistance Program provided by Perspectives, Ltd. and accessed through your benefits is a resource for you and your family members. Personal issues and concerns happen to all of us and usually are easy to handle. There are times, however, when these issues are overwhelming and help is required.

Divorce, Anxiety, Chemical Dependency, Job Stress, Caring for an Elderly Parent, Family Issues, Depression, Financial Difficulties, Loneliness. At one time or another during our lives, we're all subjected to the stresses of life. And inevitably, the situations we experience touch all areas of our lives—including the workplace. Sometimes we forget that help is right at our own back door.

The EAP offers cost free assessment and referral services by a professional counselor to any staff member or significant other who is experiencing an issue in everyday living. It is designed to assist people, not only when they are in the midst of an issue, but also to address issues before they become problems. Short-term counseling is also available for issues that are assessed to be resolvable in that form of treatment.

More people need assistance than use the program. People may be hesitant to contact the EAP. The EAP is a confidential service; the discussion between the client and the counselor must remain confidential according to laws, unless the individual gives written permission to release the information.

Sometimes the hesitancy to call the EAP is fear of the unknown. What do I say? What can I expect? Most times we ask the person calling to come in and talk with a counselor. At that first meeting, the counselor explains the program and confidentiality laws and the discussion of the issues proceed from there. The counselor will try to touch on all aspects of a person's life and assess the situation from all of the information given. From this point the client and the counselor together make a plan to help deal with the issues that the individual is experiencing. There may be a need for additional referrals or maybe a few sessions with the EAP is all that is necessary.

REMEMBER WE'RE JUST A PHONE CALL AWAY! 800.456.6327

(800) 456-6327
www.perspectivesltd.com