

What Can Your EAP Do For You?

An **E**mployee **A**ssistance **P**rogram (EAP) is a unique employee benefit that is offered at no cost to you and your family. This benefit is covered 100% by your employer. The EAP is designed as an intervention program that serves to identify and help with resolving any number of problems. This can include personal, professional, financial, emotional, marital, family, or substance abuse issues.

What exactly is an EAP?

An EAP is one of the most effective ways to identify and address personal problems. The EAP provides referral assistance for professional, confidential, short-term counseling services for employees and their family members who may be experiencing difficulties. The EAP also provides referral assistance for legal and financial consultations.

How do EAPs work?

When you first call your EAP, you will be connected with an Intake Coordinator who will assist to identify your concerns and match you with the right support. A confidential referral can be provided to assist with a number of issues including but not limited to:

- Stress Management
- Anxiety, Depression or Trauma
- Relationship/Marriage
- Grief and Loss
- Addiction and Recovery
- Legal or Financial Issues
- Career Development
- Parenting or Eldercare Support
- Mental Wellness
- Workplace Concerns

What does your EAP provide?

Your EAP is available to provide education about trauma and disaster and discuss coping strategies. Whether it's stress at home or on the job or concerns about a family member, EAP counselors are available to provide confidential screening, assessment and support at no cost to you and your family. By addressing problems early, the EAP can help prevent small problems from becoming overwhelming, costly and destructive. The EAP is designed to provide short-term counseling, to simply listen, assist in problem solving, or identify new ways to cope with common, but sometimes painful problems.

Private and Confidential Referral

It is difficult to know where to turn when personal problems arise. The EAP keeps abreast of the best providers in your area. The EAP can facilitate referrals and guide the family through the treatment process—saving time and headaches. Your participation in the EAP is voluntary and strictly confidential. No information is ever reported without your consent back to your employer or family about your EAP access.

I'm not getting along with my co-worker and I've tried everything!

I'm so stressed right now!

Money issues are creating conflict in my relationship.

Why do I feel so angry all the time?

I think my teenage daughter is depressed.

Remember, there are no problems too big or small for the EAP.

HELP STARTS HERE

Call your EAP today !

Get in Touch

713-781-3364

Toll Free 1-800-324-4327

Hablamos Español 1-800-324-2490

info@ieap.com

**Crisis Counseling available
24-7-365**



Interface EAP
www.4eap.com