



KGA DEPRESSION OUTREACH PROGRAMSM

The EAP offers a variety of services that might be helpful when depression strikes you or a loved one. All of the services are covered by your company's benefits and are confidential.

The EAP may...

Provide you access to a counselor for assessment of symptoms and to help plan next steps.

Assist you or your household member with a referral to a psychiatrist, psychologist, or social worker. Every effort will be made to match you with a provider in your area who will be covered by your health insurance plan.

Offer consultation and referral to support services, nurse lines, and other medical and non-medical resources.

Send you depression resources including pamphlets, books, web sites or other related information.

Provide access to the EAP web site that includes health risk and other self-assessment tools.

Discuss fitness, nutrition, and stress management activities that may help you get back on track.

Educate you and your family members about suicide prevention services and other crisis centers and programs.

Referral to support groups for depression, anxiety, panic disorder, substance abuse and other mental health issues.

Evaluate postpartum depression and refer to appropriate clinicians that specialize in new mothers.

Provide information and support for co-occurring diagnoses including depression with diabetes, heart disease, cancer, and pregnancy.

Contact the EAP at any time at 800-648-9557 or email us at info@kgreer.com

KGA, INC.

EMPLOYEE ASSISTANCE, TRAINING AND WELLNESS

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