



Your employer provides the Employee Assistance Program (EAP) for your health and well being. The program offers confidential, short-term counseling, for your stress and personal issues.

What is the EAP?

An EAP is a confidential program designed to help you with your personal or work life balance issues. Your company is providing the EAP to help you toward an early resolution of your personal concerns.

What Kinds of Issues are Addressed by the EAP?

The EAP will help with almost any personal concern. Any personal problem that might distract you at work would be appropriate for the EAP. The most common issues brought to the EAP are:

- Stress Management Concerns
- Depression, Anxiety, and Panic Attacks
- Emotional Issues
- Grief or Loss
- Relationship Problems
- Family Problems
- Domestic Violence
- Job Stress

Types of Services Included in the EAP:

Stress Reduction- Assessment of stress, burnout, and mental health issues.

Crisis Counseling- Immediate intervention including suicide and violence prevention.

Short term Counseling- One to three hours of problem solving counseling for all types of issues including individual and family concerns.

What Happens when I Call the EAP?

Accessing the EAP is easy. Simply call the EAP at 01-508-879-2093. A counselor will be available to speak to you, 24 hours a day, 7 days a week. The EAP counselor will take down some information, evaluate your needs, and suggest a possible plan of action. All you have to do is make the first call.

What Happens Next?

The next step will depend on your unique situation. If you are calling about any kind of emotional or family issue, the EAP counselor will always suggest a face-to-face meeting. This will give you a private opportunity to talk about your concerns in depth. This meeting will take place at a private office, within thirty minutes of your home or work site.

What If I Need Additional Counseling?

The EAP provides short-term counseling, useful for helping you resolve many types of personal problems. In some cases, more in-depth counseling, support groups, self-help programs, or other resources may be necessary. The EAP counselor will help you find the right kind of services to address your specific problem and will refer you to helpful services beyond the EAP.

What About Resources Other Than Counseling?

Our web site contains a variety of wellness publications for immediate downloading. Your user name is the first three letters of your company name. Your password is 9557.

What Does the EAP Cost?

There is no charge for services provided within the EAP. Your company has provided one to three counseling hours for you, your family and your significant others. When necessary, the EAP may refer you for services that go beyond the scope of the EAP. Charges for services outside the EAP are your responsibility. In some cases, however, your health insurance may cover the cost of the services you require.

How Confidential is the EAP?

No information, including your name, can be released without your written consent. The only exceptions are those required by law such as the duty of counselors to warn someone of a serious death threat or the mandated reporting of child and elder abuse.