

Employee Assistance/Work-Life Program Program Fact Sheet



“ When things happen that you can't handle,
we handle the things that happen. ”

What problems can the EAP help with?

Through short term counseling, the EAP can help you understand what options are available for virtually any issue or problem that may arise. Some of the common concerns include:

- *Stress, Anxiety & Depression*
- *Life Transitions*
- *Communication Problems*
- *Resolving Conflict*
- *Parent-Child Conflicts*
- *Child Care Issues*
- *Problem Drinking*
- *Coping with Serious Illnesses*
- *Managing Anger*
- *Workplace Conflict*
- *Illegal Drug Use*
- *Elder Care Issues*
- *Separation & Divorce*
- *Domestic Violence*
- *Grief & Loss*
- *Sexual Harassment*
- *Prescription Drug Misuse*

WHAT IS AN EMPLOYEE ASSISTANCE/WORK-LIFE PROGRAM?

Your Employee Assistance/Work-Life Program (EAP) is a voluntary, confidential service that provides professional counseling and referral services designed to help with personal, job or family related problems. Your EAP can help you and your eligible family members (spouse and dependents in household) identify, resolve and gain control over personal problems that may be interfering with work and daily life.

WHY USE THE EAP?

Sometimes personal concerns can affect our health, well-being and job performance. The EAP can help you deal with these concerns safely and privately. Your EAP can assist you and your family members with improving the quality of your life by resolving a variety of personal concerns.

WHAT WILL USING THE EAP COST?

The EAP is an employer paid benefit. Any services provided by the EAP counselors are at no charge to you or your family members.

If a referral to a long term treatment provider is needed, your EAP counselor will coordinate a referral or provide resources. Your health insurance and other financial factors will be considered to help insure that needed services are affordable.

IS THE EAP CONFIDENTIAL?

Yes, your EAP services and any information that may be provided between you and your counselor are confidential.

ONLINE WORK/LIFE RESOURCES

Your EAP also offers a wealth of work-life resources through our Online EAP/Work-Life Resource Portal. There you will find articles, podcasts, health and wellness features, self assessments, financial and legal tools, as well as, eldercare or childcare resource guides and service locators.

Visit: www.my-life-resource.com

Username: **hmsa**

Password: **myresource**

Your emotional health contributes greatly to your overall physical well-being. From time to time, we are all confronted with everyday life or work difficulties.

You are not alone . . . your EAP is there to help.

... for confidential, personal assistance,

24 hours a day, 7 days a week, 365 days a year, call **1-800-847-7240**