

# What is an Employee Assistance Program?

Community Health Network's Employee Assistance Program (EAP) offers short-term counseling to employees and anyone who lives in their household. Counseling is available for individuals, couples, children, and their families. To manage life's stressors, EAP offers assistance including:

- Family, marital, and significant other relationships
- Child, adolescent and parenting issues
- Grief and loss
- Managing thoughts and feelings
- Alcohol and drug abuse issues
- Communication and problem solving skills
- Coping with change
- Improving well-being and life satisfaction
- Referrals for legal and financial assistance within Indiana

For *confidential* assistance, please call 800.543.4158 or 317.621.7742.

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## EAP is confidential.

EAP counselors comply with all state and federal laws, in addition to a professional code of ethics regarding confidentiality. Except in life threatening circumstances, no information about you will be given to anyone, including your employer, without your written consent.

## EAP is free.

EAP services are a benefit provided by your employer at no charge to you. You and anyone living within your household can use this benefit at no cost.

## Short-term counseling helps many people.

Stress and change are a natural part of life. There are times when family problems, challenges at work, or other life circumstances can create distress that impact your usual ability to cope. Even positive changes, such as job promotions, family additions, and major purchases can be stressful. Short-term counseling is often all that is needed to strengthen your ability to identify resources, problem solve, and have a more satisfying home and work life.

EAP counselors are experienced, Master's level, state licensed therapists. They are trained to offer professional support to deal with a wide variety of stressful situations. If your need for services goes beyond what EAP offers, your counselor can help you find the best resource. Your counselor can assist you with a referral through your health insurance or direct you to other community agencies. Your EAP counselor will maintain a system of support and follow-up with you throughout the entire process.

## When and where are EAP services provided?

EAP has numerous locations and can direct you to the office most convenient for you. Appointments are available from the early morning through the evening hours. An EAP counselor can also be reached by phone 24 hours a day.

For confidential assistance with life's stressful situations, for you or your loved ones, please call the Employee Assistance Program.

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