

About Our EAP Program

EAP is workplace-provided employee benefit that offers solution based counseling to employees and their household members. It also includes fast-tracked access to services, assessments, individual, couples and family counseling, substance use counseling or referrals, stress management workshops and referrals to healthcare providers.

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**Employee
Assistance
Program
(EAP)**

Employee Assistance Program (EAP)

Helps your organization to enhance and safeguard your employees' health and well-being - in and beyond the workplace.

Benefits of a Workplace EAP Program

International studies (WOS, through EAPA) have consistently shown that employees accessing EAP services through their employers, consistently benefit in the following manners:

- Increases employee productivity and improves employee retention results after EAP usage.
- Enhance employee satisfaction in both work and life domains for their quality of life
- Reduced medical cost - through promotion of wellness and self care.

Some Common Questions that Employees Bring to their EAP Clinician

- Team building and coaching in the workplace.
- Stress management tools and solutions.
- Mental and behavioral health resources.
- Substance use/abuse and recovery options.
- Loss, grief, resiliency for life transitions
- *Relationship, Family and Parenting consultations for employees and their household members.*
- Career advancement and professional development

EAP Services are a free confidential benefit.

EAP benefits are purchased by the employer. there is no cost to the employee and his or her immediate family members.

To setup a meeting and reserve your appointment as an employee, or to discuss EAP services for your organization, please contact us at:

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Call or Text
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