

Employee Assistance Program

Confidential, short term, solution focused, problem solving sessions for personal and work related issues



 **McLaren**

PORT HURON

An Employee Assistance Program (EAP) provides employees and their household members with free, confidential assistance to help address life's challenges that may affect their personal and/or job performance through short term assistance, triage and/or referral. Some of the issues which employees seek help include: marital/family, emotional issues, substance abuse, and stress.



How does EAP work?

Simply Call EAP to schedule an appointment. You will speak confidentially with a consultant about your issues.

What is the cost?

The service is employer sponsored. There is no cost to you or your household members to use this service. If the consultant feels additional services are required, EAP will assist you with a referral and the process. At this time, your insurance may be accessed.

If my employer pays for EAP, how is the program confidential?

Confidentiality is an important component of EAP services. While periodic reports are given to the employer regarding the number of employees using the program, no identifying information is included.

Are the EAP consultants qualified?

All of our EAP consultants have a Master's degree in the social science field and are licensed through the state of Michigan.

EAP BASICS

- Day and evening appointments
- Convenient location
- Assistance for employee and/or household members
- Employees can address problems when they first occur, making resolution easier
- Provides employees an opportunity to discuss their issues with an objective professional
- Increased employee productivity
- Qualified substance abuse professionals to address DOT regulated employee needs
- No charge for EAP sessions



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