



EAP QUESTIONS & ANSWERS



Q. What types of services are available?

A. You may meet with an EAP professional to discuss your concerns on a short-term basis. If the issue/problem cannot be resolved on a short-term basis, a referral to a helping resource will be made by the EAP professional. The EAP professional will follow-up with you to make sure that the referral source was able to assist you.

Q. What kinds of issues are covered?

A. The EAP is designed to provide professional assistance for a wide range of personal and family concerns including but not limited to: stress management, relationship and family concerns, career and work-related problems, substance abuse, and depression.

Q. How much does it cost?

A. Employee Assistance sessions are free and are a benefit to you and your family members. If you are referred to a community resource, there may be a fee for service, which will be the employee's responsibility.

Q. How do I get an appointment?

A. You can arrange an appointment by calling 7-7981, Monday –Friday, 0730-1630.

Q. Do I have to take leave for my appointment?

A. You should treat your EAP appointment the same as a medical appointment and feel free to take time from your work schedule to attend. However, appointment times may be arranged outside regular working hours, when possible.