

Employee Assistance Program (EAP)

What is an EAP?

An EAP is an employee benefit available to all employees and their household members. This program offers short term counseling (up to 8 counseling sessions) for personal and family problems along with a variety of resources and referrals for a broad range of topics. All counselors are licensed mental health professionals. There are times when the clinician may recommend a referral to a higher level of care and support with qualified professionals or agencies.

Program Highlights:

- The EAP is free (no co-pay).
- Automatic coverage on first day of employment – no enrollment needed.
- Employee or their household members can call directly - no referral needed.
- You do not need to have health insurance in order to use the EAP (these are separate benefits).
- The EAP is confidential (by law).
- Up to 8 counseling sessions per problem, per year.
- In Person, telehealth, telephone sessions are available.
- Legal, Financial, Eldercare, Childcare Daily Living Resources.
- Comprehensive Work-Life website with articles, webinars, videos and self-guided skills courses.

Provides help with issues such as:

Emotional Difficulties	Marital Distress
Stress & Anxiety	Alcohol/Drug Problems
Work-Life Balance	Financial & Legal Concerns
Parent/Child/Family Conflicts	Childcare & Eldercare Referrals
Relationship Problems	Burnout

Confidential appointments and information at:

502-451-8262 or 800-441-1327

Request appointments at waynecorp.com