

# The most valuable asset

of a business is you, the employee. Everyone benefits when employees have access to services that will help maintain and enhance the quality of their lives.

At varying times in each of our lives, we must face personal problems. Some problems are more easily resolved than others, but many can best be solved with professional assistance.

In response to this need, an Employee Assistance Program (EAP) is provided to you and your family through an agreement with your employer.

For information or assistance, please call **573-636-TALK(8255)** or **573-632-5560**.



**Capital Region  
PHYSICIANS**

An Affiliate of  Health Care

**CENTER FOR MENTAL WELLNESS**

**EAP Hours:**

8 am to 5 pm • Monday-Friday

**573-636-TALK(8255)**

or **573-632-5560**

[www.crmc.org](http://www.crmc.org)

# Employee Assistance Program



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**Better. Every day.**



## What is the Employee Assistance Program?

The EAP is a counseling and referral service staffed by a team of licensed mental health professionals, and is designed to help you with your personal, job or family problems. It is free, voluntary and confidential.

## What kinds of problems does the EAP help resolve?

Our professional counselors are prepared to assist you with virtually any issue or problem that can affect your work performance or personal health.

Some of the most common concerns brought to the EAP include:

- Family
- Marital
- Stress/Anxiety
- Depression
- Eating Disorders
- Alcohol/Drug Abuse
- Job-Related Problems
- Legal/Financial
- Grief/Loss

## What can I expect from the EAP?

A telephone call is all it takes to obtain information or to make an appointment with an EAP counselor. As needed or appropriate, a counselor will meet with you in a confidential setting and:

- Help you assess the problem.
- Meet with family members.
- Provide short-term counseling.
- Assist you in selecting other professional services and resources within your community.
- Follow-up to ensure that you receive quality services.

## How much will the EAP cost me?

There is no cost to employees who receive counseling and other services provided directly by the EAP counselor. If additional outside treatment or professional services are needed, the costs are your responsibility if not covered by your company insurance or private insurance. The EAP counselor will work with you to identify the best available outside services in line with your individual finances.

## Is the EAP confidential?

Yes, your privacy is protected by strict confidentiality laws and regulations and by professional ethical standards for

counselors. The details of your discussions with the counselor may not be released to anyone without your prior written consent. Participation in the EAP will not jeopardize your job or career.

## When is the best time to contact the EAP?

Do not wait too long! The sooner you seek help, the sooner your problems will be addressed. Problems left unresolved often can lead to more serious situations with a greater risk that your health or job performance will be jeopardized.

The program is provided by your employer through an agreement with Capital Region Medical Center.



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