

Sometimes personal concerns can become overwhelming

All of us experience normal stress associated with day-to-day challenges in our lives. However, problems and concerns can become overwhelming – affecting our lives, families and even our job performance.



When you need help to get back on track

When problems appear to take control of your life, you may need help to “get back on track.” Through EAP, experienced professionals work with you to access the resources you need to manage your situation and regain control of your life.

 **PROMEDICA**
EMPLOYEE ASSISTANCE
PROGRAM

866-327-3759

ProMedica Employee Assistance Program

When You Need Help

confidential • private • professional



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Common uses of the EAP include:

- Alcohol and drug related problems
- Depression and anxiety
- Financial and legal problems
- Grief and loss
- Marital and family conflict
- Relationship difficulties
- Stress management

Private confidential counseling

EAP guarantees your right to privacy. No one, including your employer, will have access to your personal information. Our counselors maintain the utmost confidentiality



Taking the first step

Sometimes the most difficult part of overcoming a problem is taking the first step towards finding a solution. It is important to seek help as soon as possible. Through the EAP, help is just a phone call away!

A counselor is available 24 hours a day, seven days a week by calling our **TOLL-FREE NUMBER 866-327-3759.**

Individual approach to meet your needs and budget

There is no charge for your EAP counseling sessions. This is part of your employee benefit package.

The EAP counselor will work with you to develop a program to meet your individual needs and find strategies to resolve your problems. Your counselor will make every effort to design a program that is covered by your health care plan. If you require services that are not covered by your insurance, your counselor will work with you to identify resources that are affordable to you.

Get the help you need now

EAP professionals are available and ready to help you resolve the issues that may affect your job performance or prevent you from enjoying your family and friends.

Visits are available in person, via phone or video session.

Video sessions allow you to see a counselor using video-enabled technology on your smartphone, tablet or computer.

To schedule an appointment, or for more information, call EAP (toll free) at 866-327-3759.



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