



WHAT PROBLEMS DOES EAP ADDRESS?

Help is available in addressing many of life's challenges, including (but not limited to) the following:

- ▶ Individual, Couple, and Family Issues
- ▶ Parenting Issues
- ▶ Separation and Divorce Issues
- ▶ Aging Parent Issues
- ▶ Stress and Burnout
- ▶ Depression and Anxiety
- ▶ Grief
- ▶ Job and Career Issues
- ▶ Basic Budgeting



HOW THE PROGRAM WORKS:

The request for help may come directly from an employee or an employee's family member. Call toll free and request an appointment time. Confidentiality is assured of your participation in the program.

COST

There is no charge to you or your family members for the fixed number of EAP sessions included in your company's contract. Problem evaluation, assessment, counseling, case management, and crisis stabilization are EAP benefits paid for by the company. EAP assists with locating appropriate referral sources outside of services provided.

EAP assists with finding appropriate referral sources regarding long-term therapy or Fitness for Duty assessments.

LAW, FINANCIAL & ID THEFT SERVICES

1. Call CLC Incorporated at **1.866.262.5749** (choose option 1).
2. Tell them your company name and that you have Palmetto EAP.

HOW DO I USE EAP?

Call **1.866.216.1996**

Go to <http://palmettoeap.com/counseling.html> and directly contact a provider.

Talk to your supervisor about getting help through EAP.