



Corporate EAP

— Putting The Pieces Back Together —

Guide to Services



What is an EAP?

- An EAP is a set of professional services specifically designed to improve and/or maintain the productivity and healthy functioning of the workplace and to address a work organization's particular business needs through the application of specialized knowledge and expertise about human behavior and mental health.
- EAPs are designed to assist (1) work organizations in addressing productivity issues and (2) "employee clients" in identifying and resolving personal concerns; including health, marital, family, financial, alcohol, drug, legal, emotional, stress, or other personal issues that may affect job performance.

What kinds of problems does EAP cover?

Depression	Work problems	Parenting
Anxiety	Relationships	Health
Stress	Drug/alcohol	Grief
Emotional	Balance work/family	Legal
Family conflict	Marital	Elder care

Our Services

- Confidential counseling
- Free for employees and eligible family members
- Independently Licensed Master's level counselors
- Individual, couple or family sessions
- Up to 8 sessions per issue
- Available 24/7/365 days a year
- Day or evening appointments available
- Brief counseling with referrals for longer-term counseling if needed

Types of Referrals

Self Referral

- ◆ *Employee initiates contact with EAP for work, personal or family issues.*

Informal Referral

- ◆ *Human Resources or Supervisor recommends that an employee contact EAP before it becomes necessary to make a formal referral.*

Formal Referral

- ◆ *Human Resources or Supervisor may refer an employee to the EAP **as part of a disciplinary action**; for example, absentee issues, tardiness, confrontation with co-worker, productivity issues, drug or alcohol related issues, behavioral or attitude problems.*

Educational Offerings / Trainings

(educational hours vary by company size, ranging from 2 to 10)

Addictions	Diversity	Leadership
Aging	Domestic Violence	Parenting
Anger Management	DFSP Training	Reasonable Suspicion
Attitude/Behavior	Emotional Eating	Sexual Harassment
Boundaries	Generations in the	Stress Management
Bullying	Workplace	Team Building
Communication	Healthy Relationships	Workplace Violence
Depression	Holiday Stress	Work/Life Balance

Additional EAP Services

- Case Management
- Referral to Community Resources
- Coaching, consultation, training, and mediation services
- Conflict Resolution
 - ◆ *Working with employees, co-workers, supervisors, and/or small groups, to resolve workplace issues*
- CISD (Critical Incident Stress Debriefing)
 - ◆ *Trained facilitators help employees manage stress reactions to work-related critical incidents occurring on or off premises*

EAPplus.net Services

Online and telehealth counseling services available

These free convenience services can help you in a variety of areas, including:

- Child and elder care
- Financial help
- Legal help
- Pet sitters
- Apartment locators
- School searches
- Senior health resources
- Diet and nutrition
- Fitness centers and programs
- Home maintenance
- Travel services



Convenient Office Locations

Lima – Main Office

Occupational Health Center
1875 S. Dixie Hwy.
Lima, OH 45805

St. Marys

Wheatland Professional Bldg.
1165 S. Knoxville Ave., Suite 102
St. Marys, OH 45885

Van Wert

Van Wert County Hospital
1250 S. Washington St.
Van Wert, OH 45891

419-226-9171 or

1-800-752-7923

Available 24/7/365

EAPplus.net