

20 Ways You Can Use Your Employee Assistance Program

The employee assistance program (EAP) is a valuable resource to assist employees and their family members. The EAP is designed to help you and your family members deal with personal problems brought on by such factors as: marital/family stress, emotional difficulties, alcohol/drug problems and many situations that can continue to make you feel stuck and confined.

Below are 20 ways you and your family can take advantage of the EAP. There are many more reasons you might see your EAP counselor. Remember, the employee assistance program is not just for people in crisis, but also to help employees and their family members with the everyday problems that we all face in life. Your EAP can help with:

- ☎ personality conflicts at home or on the job
- ☎ money management and financial problems
- ☎ an adolescent who is using drugs or alcohol
- ☎ support in deciding on proper care for elderly parents
- ☎ a child who has a behavioral problem at home or at school
- ☎ anxiety or depression
- ☎ domestic violence
- ☎ feelings of being overwhelmed
- ☎ learning to be more assertive
- ☎ clarifying important life decisions and problem solving
- ☎ dealing with the loss of a loved one
- ☎ managing stress
- ☎ feelings of loneliness
- ☎ recognizing a substance abuse problem
- ☎ resources for marital counseling
- ☎ ways to improve your self-esteem
- ☎ a gambling problem
- ☎ support when living with a person who abuses alcohol or drugs
- ☎ help with learning positive communication skills
- ☎ adjusting to a divorce or separation

Your EAP is completely confidential, and available 24 hours a day, 365 days a year.

Call 866-725-0602

Information is also available on the **Achieve Solutions** website, which includes a wealth of educational materials and resources related to mental health and substance abuse issues. The site offers information, interactive tools and resources on topics including balancing work and family, your health, taking care of dependents, relationships and life skills. To access the site, log on to

www.achievesolutions.net/covacare.

