

# Wellspring Family Services EAP

It's to Your Benefit

206.903.2302

## Employee Assistance Program

*The Employee Assistance Program (EAP) is a resource outside the work environment available to employees and their families to utilize whenever they are experiencing personal problems.*

### What is the EAP?

The EAP is based on the premise that no one is immune to the problems of living. Problems are a normal part of life, and most of the time we simply handle the issues or transitions in our lives effectively and without help. At other times, problems begin to take a toll on our personal life and our job.

It is estimated that anywhere from 15% to 20% of a work force is preoccupied by something that is going on in their life to the extent that it detracts from their ability to work at an optimal level. This is where the EAP comes in...

### What Types of Problems Are Addressed?

Many types of concerns are addressed in the EAP, among them include:

Family Conflict	Parenting Issue
Alcohol/Drug Problems	Job Stress
Eating Disorders	Aging
Care Giving Challenges	Career path
Divorce/Separation	Legal concerns
Prescription Abuse	Gambling
Anger Control	Grief & Loss
Communication	Anxiety
Self Esteem	Blended Families
Isolation	School Problems
Mothering/Baby Blues	Violence/Abuse
Adolescent Issues	Sleep Problems

### How does an employee access the EAP?

It's easy. A simple call us whenever an employee or family member is experiencing a problem will result in immediate action. They will talk with a Master's Level Therapist who will assist them in identifying a provider closed to where they work or live.

### Who Is Eligible for Services?

The employer defines eligibility, however in most cases, all employees, their spouse/partner and dependent children with whom the employee resides are eligible for service.

### Is the EAP Confidential?

In a word....Yes! All services are strictly confidential and protected in accordance with the law. No one will ever be told of a client's visit or what was discussed without his or her written consent. The only exceptions are in the interest of public safety if it is determined that a client presents a realistic and imminent threat of harm to self or others – including the suspicion of the abuse of a child or vulnerable adult.

### What about Costs?

There is no charge to the employee or family member for EAP services. Should the employee or family member decide to start counseling after the EAP assessment, those fees will be the employee's responsibility and may be covered under their healthcare benefit.