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As life's challenges seem to become more complex, you don't have to face those challenges alone. **Managing the Complexities of Life Just Got Easier!**

Penn Behavioral Health
Employee Assistance Program

888.321.4433

www.pennbehavioralhealth.org



Penn Medicine
Penn Behavioral Health Corporate Services

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Penn Medicine
Penn Behavioral Health Corporate Services

An Introduction to the

EAP

Employee Assistance Program



... Managing the Complexities of Life ...

BROUGHT TO YOU BY:
Penn Behavioral Health Corporate Services



If you are having a problem or would like some information or resources,

CALL 888.321.4433,
24-HOURS-A-DAY, 7-DAYS-A-WEEK

A Free, Professional, Confidential Counseling Service For You and Your Dependent's Personal and Professional Needs Or if you prefer, go online to www.pennbehavioralhealth.org

There are times when personal problems can affect a person's well-being and job performance. For this reason, your company offers this confidential-free service to provide assistance to employees and their dependents. The Employee Assistance Program includes three components:

- **ACCESS** to a confidential-toll-free number 24-hours-a-day, 7-days-a-week where you can speak directly to a master's level counselor who will help answer questions and direct you to trained professional counselors.
- **FREE PERSONAL VISITS** for you and your eligible dependents through a network of high-quality EAP providers located at offices near where you live or work.
- **FOLLOW UP AND APPROPRIATE REFERRALS** for ongoing counseling needs.

The EAP Can Find Resources to Help You with Problems in the Following Areas:

- Aging
- Anxiety
- Caregiving
- Career Planning
- Depression
- Emotions
- Eating Disorders
- Family Problems
- Grief and Loss
- Illness and Medical Concerns
- Marriage
- Parenting
- Relationships
- Sexual Difficulties
- Stress
- Substance Abuse
- Violence

EAP Support and Service

When you call the Employee Assistance Program (EAP) an experienced clinician will help you identify your areas of concern.

- The face-to-face counseling sessions are generally one hour and are conducted by providers with specialties in various areas.
- After the initial meeting with the counselor, a determination will be made for future counseling options utilizing the EAP.
- At the end of your EAP sessions, if you still have counseling needs, the counselor will discuss further options available for you.

Work/Life Services Can Find Resources to Help You with Issues in the Following Areas:

- Becoming a Parent
- Preparing for Pregnancy
- Adopting
- The Essentials of Good Parenting
- Keeping Kids Safe
- Keeping Kids Healthy
- Child Care
- Special Needs
- Emergency Care
- School Age Decisions
- Options for Growing Children
- Camp Programs
- Specialized Programs for Children
- Advanced Educational Opportunities
- Mature Adult Transitions
- Elder Care
- Legal
- Financial