



U.S. Department of Health and Human Services

## Employee Assistance Program Health and Wellness Presentations





# **We Care, Just Call**

## **An Employee Orientation to the EAP**

**1-800-222-0364**

**(1-888-262-7848 TTY)**

## True or False?



- Everyone has personal concerns
- People think problems must be big before asking for help
- Assistance is a phone call or click away
- Help is *confidential*

## Access Is Easy - Telephonic

24 hour/7day a week assistance via toll free number

- 1-800-222-0364
- 1-888-262-7848 (TTY)
- You won't get voice mail or a call menu
- The EAP representative will help obtain the resources you need



## Access Is Easy - Website

- Find it on [www.FOH4You.com](http://www.FOH4You.com)
  - Legal/Financial information
  - Wellness/life management articles
  - Online EAP orientations
  - Online stress management training
  - Interactive tools
  - Resources for child and elder care



## **EAP Resources**

- In-person assessments; short-term, problem-solving counseling; coaching; consulting
- Referrals to community resources and providers
- Critical incident stress management (CISM)
- Health and wellness presentations
- Connect4Health online support
- Legal/Financial services

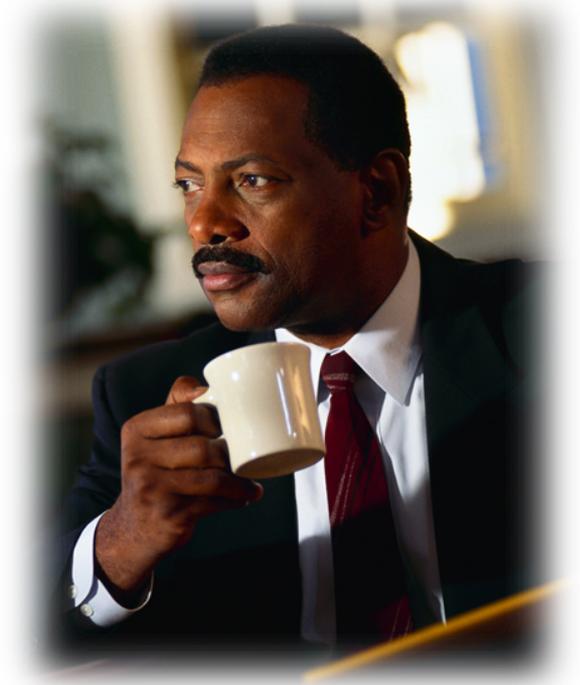
## Confidential

- Private, voluntary discussions
- Authorization for Disclosure (AUD) forms
- No identification of individuals in agency reports
- Confidential in accordance with state and local laws



## In-Person Short-Term Counseling Helps . . .

- Troubled relationships
- Emotional reactions
- Stress
- Anxiety or depression
- Grief
- Workplace problems



## EAP Also Helps With...

- Alcohol and drug abuse, misuse, and co-dependency issues
- Parenting concerns
- “Sandwich generation” issues



## What You Can Expect

- Highly qualified, licensed professionals
  - Masters degree or higher
  - EAP counseling experience including drug/alcohol expertise
- In-person sessions – onsite or offsite
- Telephonic consultation available

# The EAP Counseling Process

- Assess the problem
- Identify options
- Develop a plan
- Short-term counseling
- Referrals to resources
- Follow-up



# Types of EAP Referrals

- Self Referrals
- Informal Referrals
- Formal, Written Supervisory Referrals

## Connect4Health

- For substance use and misuse issues
- Online, counselor-led, real-time groups
- 6 sessions on substance misuse education and relapse prevention
- Access from your home computer



## Legal Resources

- Telephonic connection for legal advice
- Local in-person attorney services
  - Initial half hour consultation is free
  - Other services (e.g., document preparation and representation in court) provided at reduced rates from standard fees
- Will preparation
- Online legal services
- Identity theft solutions

## Financial Resources

- Family budgeting/financial planning
- Savings and investment strategies
- Selecting which credit card to pay off first
- Determine how much you will need to save to retire comfortably
- Identifying a financial planner in your community

## **Saving Money, Saving Employees**

- No cost to employees
- Prevention and early identification of emotional, substance use, and life problems
- Improved wellness, work performance, and productivity

## Living Healthy, Working Well

- EAP - an “umbrella service” addressing all aspects of life - home, work, family
- Available 24/7
- Workplace and online health & wellness presentations
- Confidential
- Toll-free number and website for help dealing with life’s challenges!



*...healthy bodies  
...a sound mind  
...a safe place to work*

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**TTY 1-888-262-7848**

**[www.FOH4you.com](http://www.FOH4you.com)**



Employee Assistance Program

## Federal Occupational Health's Employee Assistance Program (EAP)

Help Available All Day, Every Day  
We Care, Just Call

(800) 222-0364 | (888) 262-7848 (TTY)

