
KEYNOTES

Pathways EAP

Human Resources Consultants

The ABC's of Your EAP

WHAT IS AN EAP?

An EAP or Employee Assistance Program is an organization-sponsored program designed to help employees and family members with some of life's struggles get assistance as soon as possible without jeopardizing their job, future or reputation. The professionals at Pathways EAP offer off-site, easily accessible assistance. We hope that the EAP will be of service to you. Remember, anyone can have a problem, and waiting to do something about it often only makes it worse.

WHO CAN USE THE EAP?

The Employee Assistance Program is available to all employees of the organization and any member of their immediate family.

WHAT PROBLEMS DOES THE EAP DEAL WITH?

Our staff offers individual therapy, marriage counseling, family and child / play therapy:

Stress-related disorders

Marriage conflicts

Eating / smoking problems

Parent-child problems

Alcohol / drug abuse

Financial / Legal problems

Families with a terminal illness

Emotional disorders / Depression / Anxiety

HOW DOES THE EAP WORK?

If you need help, call your Employee Assistance Program HOTLINE / REFERRAL SERVICE at (860) 233-6220. Press option #1, identify yourself as a "first time EAP caller" and leave a confidential message in our voice mail. If your call is urgent, press "0" and your call will be immediately answered by a trained operator and referred to one of our counselors, who will promptly return your call. After discussing your problem with you and evaluating your particular needs, the counselor will make an appointment with you for a "free-of-charge" assessment session (s).

WHAT WILL HAPPEN AFTER THE FREE ASSESSMENT SESSION(S)?

If you or your family member would benefit from continued counseling, you may wish to stay with the same counselor. If it is more appropriate, you may be referred to another counselor, financial advisor, lawyer, or other community resource.

WHAT WILL THE EAP COST?

There is no charge when you call Pathways EAP and come in and talk with someone for an initial assessment session(s). At times, a single call or initial session can solve the problem. If you decide to seek further help, charges will, in most cases, be covered by your organization's health insurance plan.

IS THE EAP VOLUNTARY AND CONFIDENTIAL?

The EAP is there for you - and is **TOTALLY CONFIDENTIAL AND VOLUNTARY**. Your organization wants you to use the program when you or a family member have a problem. No service or treatment is ever imposed on you. Your job security will not be affected because you contacted Pathways EAP.