



Employee Assistance Program

Available to All Employees

Up to 4 sessions per employee per year

An EAP program is a confidential assessment, counseling and referral service for all employees and their eligible dependents that need help in any of the following areas:

- **Marital and Family Issues**
 - **Alcohol and Other Drug Dependency Assessment**
 - **Stress Related Issues**
 - **Legal & Financial Referrals**
 - **Emotional Problems**

EAP counselor can help identify problems and assist in working through them. The counselor can also determine the best alternatives and, if necessary, make appropriate referrals to other professionals who specialize in particular areas. *EAP address everyday living problems, NOT clinical diagnoses such as depression, anxiety, abuse, childhood trauma, chemical dependency, and other serious disorders.*

Your EAP is:

- **Confidential** – All information is kept strictly between the individual and the counselor. No one has to know.
- **Informal** – A simple phone call starts the process.
- **Free** – All counseling offered within the EAP is provided as a benefit by your employer.

(205)-879-7957
(800) 925-5EAP (5327)



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