



## **We Are Here for You**

In these times, more than ever, employees may need a resource to turn to. There is the fear of layoffs, budget cuts, limited and competitive job market, and many people are still struggling from the economic downturn. According to an American Psychological Association study, 80% of Americans are stressed about the economy. And these stresses can have a ripple effect, contributing to sleep problems, irritability, family and co-worker conflicts, depression, anxiety, substance abuse, and medical concerns.

Have you ever wondered what the EAP is all about? Or even what EAP stands for!? It means Employee Assistance Program (EAP), which is just what the program does - helps employees with personal issues: small, medium and large. Solutions EAP assistance is provided by experienced professional mental health counselors (e.g. social workers, psychologists, marriage and family therapist), and is free and totally CONFIDENTIAL.

- ▶ EAP even helps with financial issues. They have a direct connection to a non-profit Consumer Credit Counseling service for help with Debt, Budget or Credit concerns. They can also refer you to other financial resources.
- ▶ EAP can help employees effectively deal with the stress of these times and become more resilient.
- ▶ EAP provides assistance for all types of family issues, including couples, parenting and eldercare. Family members are eligible to use the service.

These are just some examples, the EAP can help with ALL types of personal concerns. Solutions EAP provides assessment, short-term counseling and referral. Many people just come in for a session or two for all kinds of normal, everyday challenges. This helps you put together a plan of action and get in control of the situation.

EAP Counselors are available in many convenient locations. Most sessions are in-person, but you may speak to a counselor on the phone if you prefer.

Call 1-800-526-3485 to be connected to a counselor. Phones are answered 24/7.

*Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.*

*It's free, confidential and open to family members.*

*Check us out on-line [www.solutions-eap.com](http://www.solutions-eap.com)*