

EMPLOYEE ASSISTANCE PROGRAM

Each employee eligible for benefits has access to the Employee Assistance Program (EAP). The EAP is a confidential information and counseling service provided as a free benefit to you by the district. MHN EAP is the company that provides the benefits. You and your family members are eligible for up to three (3) counseling sessions per year for a wide range of personal and work-related issues, such as:

- Managing stress
- Depression questions
- Eating disorders
- Coping with grief and loss
- Anger management
- Strengthening personal relationships dependency
- Parenting
- Legal
- Financial services
- Overcoming anxiety
- Child or elder care
- Alcohol or drug

Services are obtained by calling the EAP at 800-730-4167. The EAP counselors help determine the assistance that is needed, and when appropriate, provide the name of a conveniently located licensed counselor with expertise to help in the area of need. Appointments are scheduled when convenient for you.

The EAP is ***totally confidential***, from the initial phone call to the counselor seen. The only exception occurs when a person presents a serious threat to himself or others, which requires UBH to report such danger to appropriate individuals or parties. All records, including medical information, are kept confidential in accordance with federal and state laws.

The EAP is designed to eliminate paperwork. There are no copays to worry about. There is one form that gathers basic demographic information and a form that must be signed that explains the purpose of the EAP and the confidential nature of EAP services.

THINGS TO REMEMBER - THE EAP: IT'S CONFIDENTIAL. IT'S FOR THE WHOLE FAMILY. AND IT'S FREE.