

# Employee Assistance Program

*Helping employees cope with changes and problems in their workplace and in their lives.*



The Employee Assistance Program (EAP) is an employer-sponsored benefit designed to provide you and your dependent family members with an opportunity to confidentially discuss problems or concerns that may be affecting your lives.

## What Kinds of Problems are Appropriate for an EAP Consultation?

Anything affecting your life and your work is appropriate for EAP services. EAP services can help you with issues like:

- Parenting questions
- Child/adolescent concerns
- Drug and alcohol use
- Communication challenges
- Work-related issues
- Aging parents
- Stress management
- Grief and loss
- Marriage and family
- Depression, anxiety, or other behavioral health concerns

Your counselor is there to assess your problem and help you to resolve it. Sometimes this can be done the first time you meet. Under the EAP, you or your dependent family member may meet for additional sessions based on your employer's benefit plan.

## USE OF YOUR EMPLOYEE ASSISTANCE PROGRAM IS COMPLETELY CONFIDENTIAL

**To schedule an appointment, please call:**

Yakima: (509) 575-4313

All other areas: (800) 321-3498

**For questions or training information, please contact Comprehensive Healthcare's EAP Coordinator at (509) 575-3786 or email [eap@comphc.org](mailto:eap@comphc.org).**



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