

MOUNTAIN EDUCATION EMPLOYEE ASSISTANCE PROGRAM

Legacy EAP is offering Mountain Education employees the opportunity to have Employee Assistance Services. For **\$25 A YEAR**, you can have 6 sessions with an EAP counselor. The type of services we offer are:

- Stress management
- Anxiety management
- Grief
- Alcohol and drug dependency
- Depression
- Coping with change
- Family issues
- Job related issues

You will be given an initial assessment and then follow up visits as needed. If you need further treatment after your 6 visits, we will make the most appropriate referral within your insurance coverage.

The services are completely confidential and can be done virtually or in person. State and federal regulations ensure that all records related to program participation remain confidential. Not even your employer will know that you visited the EAP. You, the employee retain the right to determine who will be given what information.

To get started, please email Rachel Houghton at rhoughton@hcs.org or call 423-661-5465. All payments will be made through venmo.