

Employee Assistance Program (EAP)

What is EAP?

The Employee Assistance Program (EAP), offered through [Ascension St. Vincent](#), provides confidential assistance to you, your spouse, and your dependent children (up to age 26) to help resolve concerns that are affecting your personal or work life. You, and each family member, may have **seven (7) free counseling sessions** per person, each calendar year.

EAP is available to **ALL** employees and their eligible family members -- regardless of the number of hours you work each day. **Benefits are available even if you aren't enrolled in the Carmel Clay Schools health plan.**

Why should I consider using the EAP?

Usually we can work out issues on our own, but sometimes it can be beneficial to have an objective third party help us examine the situation. Issues that linger and remain unresolved can often start interfering with many different aspects of our lives: our relationships, job performance, and personal happiness - to name just a few.

What types of issues can the EAP assist with?

Personal coaching and professional assistance for many types of personal issues, including:

- Family and children concerns
- Marital or relationship conflicts
- Stress or other emotional difficulties
- Financial or legal problems
- Loss and grief issues
- Alcohol or other substance abuse

Will the district know if I use the EAP?

Rest assured that unless you personally choose to share with others, using the EAP is completely confidential. Ascension St. Vincent adheres to all state and federal laws governing patient confidentiality. Information may only be released with your written permission.

How much will it cost if I use the EAP?

There are **no** out-of-pocket expenses when using EAP services. **Carmel Clay Schools pays the entire cost of this program.** If you and your counselor decide that additional services are required by an outside resource, you will be responsible for any costs not covered by insurance.

How do I access the EAP?

To schedule an appointment or to learn more about office locations and hours, call [\(317\) 338-4900](tel:317-338-4900).

