



**TheLexingtonGroup, Inc.**

An International Employee Assistance Program

*We're dedicated to providing employees and their families with caring and personalized services, to help them resolve any personal problem with dignity and respect.*

Start the helping process now  
by calling 24/7 toll free:

**1-800-676 HELP (4357)  
UNITED STATES**

**1-800-567-4343  
CANADA**

**0-800-169-6706  
ENGLAND**

**1-800-676-4357  
PUERTO RICO**

**1-855-328-1185  
CAYMAN ISLANDS**

**1-800-812-411  
IRELAND**

**1-800-955-8339  
TTY**

## *EAP at a Glance*

*Your employer  
provides the EAP.*

*Both employees and  
household family  
members are covered.*

*We can help with  
any personal problem.*

*Using the EAP is  
completely voluntary.*

*Confidentiality is  
assured.*

*Service is provided  
at no cost to you.*



**TheLexingtonGroup, Inc.**

# **EMPLOYEE ASSISTANCE PROGRAM**



[www.TheLexington-Group.com](http://www.TheLexington-Group.com)

## Confidentiality

When your personal problems begin affecting your job performance, reaching out to the EAP for help is a positive step. Your job security or opportunity for promotion will not be jeopardized by a request for outside professional assistance because the EAP is a confidential clinical service.



## It's Up to You

Lexington Group, Inc. Employee Assistance Program is available to you and your household family members 24 hours every day to help with any concern, large or small. Whether you call for counseling, to locate a resource, discuss a problem, or just talk to someone, we're here to help.

## The Lexington Group, Inc.

*Juggling everyday responsibilities, coping with changes and dealing with unexpected problems are a part of life. To help, your employer is making The Lexington Group Employee Assistance Program available to you and your household family members. The EAP provides professional and confidential assistance for virtually any personal problem such as:*

- \* Marriage and Family Concerns
  - \* Grief and Loss
  - \* Emotional Stress
  - \* Addictive Disorders
  - \* Stress at Work or Home
  - \* Elder Care
- \* Financial or Legal Resources

*EAP Services include initial evaluation and assessment, treatment planning, short term counseling, referrals and coordination with your health insurance or community resources.*



## We Can Help

When you call The Lexington Group, Inc., toll free, a mental health professional will listen to your problem, ask a few questions, and refer you to an EAP Clinician at a convenient location. While many problems can be resolved through the EAP, sometimes a different type of treatment or setting is necessary and your EAP Clinician will refer you to the most appropriate resource. It's our job to help.

## No Cost To You

The services provided directly by The Lexington Group, Inc. are available at no cost to you. All EAP counseling sessions are prepaid by your employer. If another qualified professional or specialist is needed for longer term treatment, we'll offer referrals that work with your health insurance.

