

## How can the EAP help me?

Using your Employee Assistance Program can help you to improve:

- Your mental and physical health by reducing your emotional stress
- Your marital, family, work and personal relationships
- Your work performance

If you need confidential help with resolving the personal problems that burden you, contact:

EAP Counselor  
(662) 377-3813

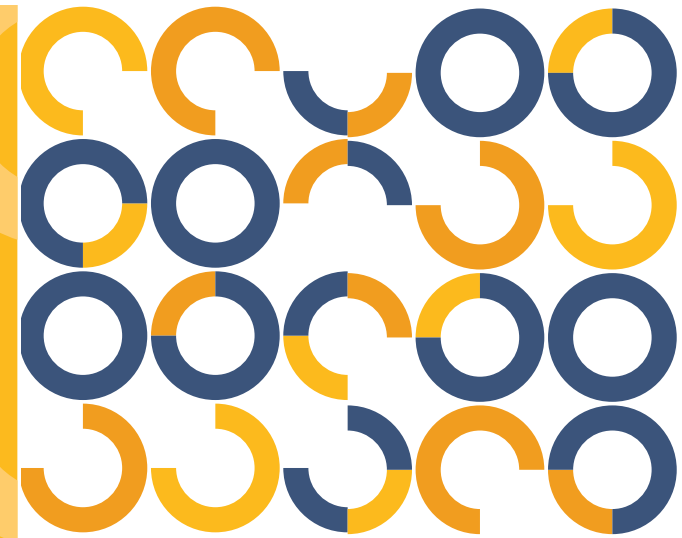
Toll-free Telephone Number  
1-800-321-2706

[www.nmhs.net/eap](http://www.nmhs.net/eap)



**NORTH MISSISSIPPI  
MEDICAL CENTER**

Employee Assistance Program  
Tupelo, Mississippi 38801  
(662) 377-3813  
1-800-321-2706



## Employee Assistance Program

**REAL** help for  
**REAL** people with  
**REAL** problems

**TUPELO**   
PUBLIC SCHOOL DISTRICT

# Life is full of ups & downs.

Often those “downs” fade quickly. Sometimes they linger on, so that personal problems begin to interfere with your ability to work and enjoy life.

If personal problems are affecting your job or other areas of your life, real help for your problems is available through North Mississippi Medical Center’s Employee Assistance Program.

## What is the Employee Assistance Program?

The Employee Assistance Program (EAP) is a service paid for by the Tupelo Public School District (TPSD). It provides confidential, professional, short-term counseling, referral and follow-up for you, your spouse and dependent children.

Offered through North Mississippi Medical Center, the EAP helps individual employees and their immediate family members overcome problems that could interfere with or jeopardize their jobs. Such problems may include:

- Marital conflicts
- Parent/child conflicts
- Depression
- Divorce
- Financial problems
- Grief
- Stress
- Alcohol/drug-related problems
- Job-related problems

The Employee Assistance Program utilizes the talents of a variety of professionals to help you deal with the difficult situations you face. NMMC’s counselors offer help not only to you, but to your dependent family members as well.

## How does it work?

You may contact the EAP counselor yourself, or in some cases, a supervisor may recommend the EAP to you. In either case, your participation in the program will be kept in the strictest confidence. The EAP counselor will work with you to help you understand, manage and/or resolve your problem.

## What does the EAP cost?

TPSD provides the EAP for you and your family. Meetings with the counselor are available to all company employees and their immediate family members free of charge as a part of TPSD’s Employee Assistance Program.

Sometimes additional services or treatment are recommended. The cost for such services is often covered by health insurances. If they are not, you would be responsible for paying the charges. Your EAP counselor refers you to the most appropriate service provided, thus saving you time and money.

## How do we contact the EAP counselor?

You or your family member may contact the Employee Assistance Program with questions or concerns at any time. To schedule an appointment, call **(662) 377-3813** or **1-800-321-2706** between 8 a.m. and 4:30 p.m. Monday through Friday. Evening appointments are available upon request. For employees in outlying areas, services are provided through phone consultations. In case of emergency, help is available after hours by calling the toll-free hotline, **1-800-321-2706**.

## Why does TPSD provide this program?

TPSD recognizes its employees as one of its most important resources. While everyone experiences stress, some-times the effects of too much stress can disrupt work performance and personal well-being. TPSD provides the EAP to help you deal with problems before they become unmanage-able. While you and your family members benefit directly from the EAP, TPSD benefits also when your problems are handled before they affect your personal well-being and your work performance.

TPSD wants to help you meet the challenges you face in life. The short-term counseling offered through the EAP is often all you need to handle your problem. At other times referral to another source of help might be needed. In either case, tackling the problem as soon as it is recognized can lead to positive changes in your personal life and on the job.

## Will anyone know if we use the EAP?

No. Your call and your appointment will be kept in strictest confidence. If you refer yourself to the program, no one will know about your participation unless you tell them. A referring supervisor also is bound by confidentiality. In all cases, the employee’s confidentiality is protected and respected.

Calling the EAP can be the first step toward resolving your problem.

