



***You. Your family. Your job.***

**Confidential, free help** for personal, family and work problems.

Our Employee Assistance Program has one purpose – to work closely with you to correct situations before they interfere with your home or work life. We do this with high quality clinical and personal care.  **Clinical Care** is described on this page;  **Personal Care** on the reverse side.

***What types of problems are covered by JBG Clinical Care?***

Confidential assessment and brief counseling for:

- Marital Relationship
- Parent/Child Conflicts
- Grief and Loss
- Anxiety
- Stress
- Depression
- Substance Abuse
- Workplace Issues
- Gambling
- Other Concerns

***How do I contact JBG Clinical Care and what should I expect?***

Call **Jorgensen Brooks Group** at **520-575-8623** [toll free, **888-520-5400**].

Local, in-person clinical appointments can be made Monday through Friday, 8:00am through 4:30pm. Telephone and Internet Chat clinical appointments [45 minutes with licensed therapists] are offered, Monday through Saturday, 5:00am through 6:00pm. *Crisis services are available 24 hours/7 days.*

***How many counseling sessions do I get and how many times can I use JBG Clinical Care?***

You and your family can have **up to five [5] sessions** per problem, per person, per year. If you experience additional problems within the year, another series of **up to five [5] free sessions** will be authorized. Sessions for marital/relationship and family/child issues are for the group involved; separate sessions cannot be authorized for each participant.

***What if I need services beyond JBG Clinical Care?***

**JBG Clinical Care** can guide you to available options, including self-help groups; behavioral health professionals; treatment programs; or other resource based on your condition, financial needs and/or insurance coverage. Always, **JBG Clinical Care** will first refer you to network providers in your medical plan. Once referred, you will be responsible for the cost of these services.

# JBG Personal Care

You and your family have *free, unlimited use of JBG Personal Care*; the services are *available 24 hours/7 days by telephone, internet chat, or website*.

Call - 24 hours/7 days  
Tucson: 520-575-8623  
Toll Free: 888-520-5400

## JBG Personal Care Website

- ⇒ [www.jorgensenbrooks.com](http://www.jorgensenbrooks.com)
- ⇒ Home page; Click JBG Personal Care, left side
- ⇒ Type your employer's name; Click on employer's name for website access

## Live Chat

- ⇒ Follow instructions to JBG Personal Care
- ⇒ Home page, upper left
- ⇒ Click on LIVE CONNECT
- ⇒ Complete brief inquiry form to connect to Chat Now.

**JBG Personal Care** is another important benefit of your Employee Assistance Program. With this free, confidential service, professional consultants help you solve non-clinical problems for which you may not have experience or resources. Without the support of **JBG Personal Care**, life's pressures can become over-whelming.

Examples of key [not all] **JBG Personal Care** services are:

- **Legal:** Will preparation, landlord disputes, separation and divorce, estate issues; services can include 30 minute free consultation, in-person or by telephone with a local attorney, and a 25% discount on attorney fees. Employee disputes with employers are not covered.
- **Financial:** Budgeting, managing credit card debt, other matters. Financial planning is a regulated service and not included.
- **ID theft recovery:** Assistance with prompt notification of creditors and other financial providers; guidance on managing a return to control of your identity.
- **Child and Elder care:** Appropriate providers are nearby specialty resources for infants, children and older citizens
- **Education:** Resources for all types - primary and private, non-profit and profit, trade and higher education.
- **Housing:** Resources for all types – temporary and permanent, self-paying or subsidized.
- **Savings Center:** Discounts on thousands of personal, home and business goods without a membership fee.
- **Medical advice:** Website information provided through the **Mayo Clinic**