

## CONFIDENTIALITY

The EAP is a confidential service. CGP understands the importance of maintaining your privacy, and your involvement is afforded the maximum confidentiality permitted by law. Your employer will not know about your use of the program unless you authorize the EAP to talk with them.



24 hour/day, 7 days/week

## COST

There is no cost to the employee or family member for covered EAP services. If on going counseling or specialized treatment is recommended, your health insurance or other benefits may apply. In such cases, the EAP will coordinate a referral to the most appropriate and cost effective provider.

## HOW TO ACCESS SERVICES

All services offered by the EAP can be accessed **24/7/365** by calling **1.800.433.7916**. Following a brief intake, an appointment will be scheduled with an EAP counselor to discuss your concerns.

# STEPS

for Participation in the program

- 1 Call the EAP at 1.800.433.7916. 24/7/365
- 2 An appointment will be scheduled for you at a convenient time.
- 3 You will meet with an EAP counselor to discuss your problem in strict confidence.
- 4 Your personal problem may be resolved within six (6) sessions or you may be referred to a professional resource who has expertise within your problem area.

## UNIT 5 SCHOOLS



## EMPLOYEE ASSISTANCE PROGRAM

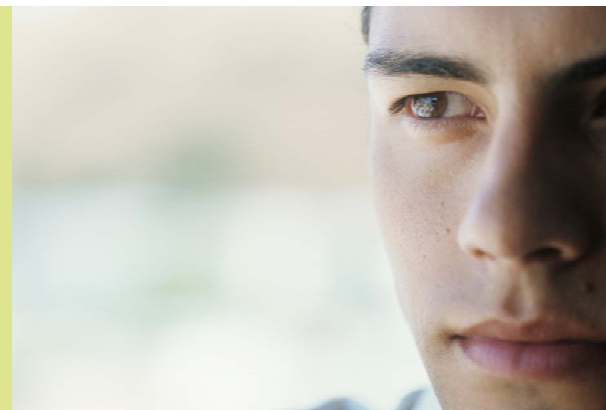
A counseling and referral service designed to help employees and family members with a wide range of personal problems.

**1.800.433.7916**

What is an  
**EMPLOYEE  
ASSISTANCE  
PROGRAM**

### WHO PROVIDES THE EAP SERVICE?

CGP is a company of qualified licensed professionals with expertise in your area of concern. Counseling is available face-to-face through a network of providers in or near your home or work. Upon request, telephonic consultation is also available.



## EMPLOYEE ASSISTANCE PROGRAM SERVICES INCLUDE:

### COUNSELING SERVICES

The EAP provides employees and their dependents up to 6 free counseling sessions per problem, per year, or you may be referred to a professional resource that has expertise within your problem area.

#### Some of the issues the EAP can help with include:

- Anxiety
- Depression
- Job stress
- Co-worker conflict
- Parenting questions
- Child and family relationships
- Grief & loss
- Marital conflict/divorce
- Anger management
- Domestic violence
- Alcohol or drug abuse
- Communication problems

### WEBSITE

Our website contains thousands of articles and self assessments on a variety of topics such as:

- Mental Health
- Workplace productivity
- Health
- Daily living
- Aging
- Balancing
- Thriving
- Working
- International

For more information, Visit our website at:  
[www.chestnutglobalpartners.org](http://www.chestnutglobalpartners.org) | User name: unit5

CONSULTATION SERVICES

### ELDERCARE SERVICES

A licensed nurse can conduct an in home assessment of an aging parent to evaluate their ability to live independently. Areas assessed include nutrition, mobility, health, & safety. A written report will be prepared identifying areas of concern and available community resources.

### IDENTITY THEFT

If you suspect that you are a victim of identity theft, a case manager will be assigned to review your credit report, issue fraud alerts on your behalf, directly contact creditors to begin the dispute process, and work with the credit bureaus to restore your credit rating.

### LEGAL CONSULTATION


A 30 minute telephonic consultation with an attorney or paralegal is available to answer your legal questions on a variety of non-work related topics including:

- Divorce
- Child custody
- Criminal law
- Power of attorney
- Will and estate planning

### CREDIT COUNSELING

The EAP offers consultation on a variety of financial issues, including:

- Budgeting
- Debt management
- Improving your credit score



No one is immune to personal concerns, and when left unaddressed, they can impact your work performance or your emotional wellbeing. The Employee Assistance Program (EAP) is designed to help you resolve personal issues before they become more serious and difficult to manage. You and your dependent family members can receive short term, professional counseling to address a wide variety of concerns. The EAP also provides access to information and resources that can help you answer virtually any personal question or concern.