

Confidential Counseling Service



Counseling & EAP

Success Strategies For Life

Your employer cares about you and provides Solutions Counseling & EAP services as part of your employee benefits package.

Our mission is to support companies in achieving optimal productivity and profitability by assisting employees and their family members in dealing with their personal concerns. We are committed to providing cost effective services, including confidential counseling, educational workshops, crisis intervention and wellness education.

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www.solutions-eap.org

SOLUTIONS FOR LIFE

Sometimes life can be overwhelming. We all face problems in our lives that are too big to handle alone.

Now, getting help with those problems, both big and small, is just a phone call away.

Solutions Counseling & EAP offers confidential, professional, and affordable help with personal problems that may be affecting your job performance. Our experienced counselors offer problem assessment and treatment, appropriate referrals, crisis intervention and follow-up counseling.

Solutions can provide counseling for any number of issues including:

- Depression
- Substance Abuse
- Family Violence/ Abuse
- Divorce/Marital Problems
- Parenting Difficulties
- Financial Troubles
- Stress
- Job Burnout
- Gambling Problems
- Eating Disorders/ Overeating
- Grief
- Retirement Preparation
- Communication Problems
- Health Management Issues

WE ARE HERE FOR YOU

When you seek help from Solutions, your attendance and all records are kept completely confidential. Don't wait! If you have any problems that are affecting your work performance or the quality of your home life, make us your first call and get the help you need now.



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