

## What does the EAP cost?

There is no charge for services provided within the EAP. Your employer has provided short-term counseling, research, consultation and referral services for you, your family and your significant others. When necessary, you may be referred to services that go beyond the scope of the EAP. Charges for services outside the EAP are your responsibility. In some cases, however, your health insurance may cover a portion of the cost of the services you require.

## How confidential is the EAP?

No information, including your name, can be released without your written consent. The only exceptions are those required by law such as the duty of counselors to warn someone of a serious threat or the mandated reporting of child and elder abuse.



Your Workplace Wellness and EAP Partner



### **H&H Health Associates believes...**

*We can make a significant contribution to the well-being of our clients.*

*Health is the product of both physical and mental factors affecting productivity and profitability.*

*Fully functioning associates are a company's greatest asset.*

*In treating our clients and their families compassionately.*

*We will help our clients find answers.*

*People are capable of change that can improve their quality of life.*

*In meeting the changing needs of business through our pursuit of continuing education, credentialing, and licensing.*

*There is a healing partnership between our clients and ourselves.*

**Free, confidential & available to all employees.**

In-person counseling sessions by appointment.

**24/7<sup>365</sup> 800.832.8302**

E-mail: [Info@HHHealthAssociates.com](mailto:Info@HHHealthAssociates.com)  
Website: [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

Your Workplace Wellness and EAP Partner

## Welcome to your EAP Services



THE SCHOOL DISTRICT OF  
UNIVERSITY CITY  
Transform the Life of Every Student Every Day!



**When calling, simply reference...  
"U-City Schools"**



HEALTH ASSOCIATES®

**800.832.8302**

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## What is the Employee Assistance Program (EAP)?

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The EAP is a confidential service designed to help employees and families with personal or work/life balance issues. Your employer is providing the EAP to help you toward an early resolution of most any personal concern.

## What kinds of issues are addressed by the EAP?

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- Stress Management
- Emotional Issues
- Depression, Anxiety, and Panic Attacks
- Elder Care Resources
- Relationship and Family Problems
- Chemical Dependency
- Eating Disorders
- Domestic Violence
- Job Stress
- Career Frustration
- Child Care Needs
- Grief or Loss
- Work/life Issues
- Financial Guidance
- Nutritional Questions
- Legal Guidance
- Health Coaching Needs

## Types of services included in the EAP

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### **Live, Crisis Counseling (24/7) –**

Immediate intervention including suicide and violence prevention

### **Short-term Counseling –**

Problem solving oriented for all types of issues including individual and family situations

### **Multiple/Easy Points of Access –**

In-person, video, telephonic, chat & messaging options available to best fit your needs

### **Stress Reduction –**

Assessment of stress, burnout, and mental health issues

### **Child Care Resources –**

Research and referral for all types of child care needs

### **Elder Care Resources –**

Research and referral for all types of elder care needs

### **Legal Guidance –**

Legal consultation and referral for most non-employment related issues

### **Financial Guidance –**

Consultation and referral assistance with money management for most financial concerns

### **Work/Life Resources –**

Research and referral to convenient services to help associates balance work and personal life

### **Online Resources –**

Library of resources, self-assessment tools, training modules, educational videos, etc.

### **Health Coaching –**

Telephonic and online health coaching on topics such as weight management, physical activity, nutrition, stress management, smoking cessation, mindfulness, healthy baby, sleep, ergonomics, heart health, diabetes, chronic conditions, etc.

## What happens when I call the EAP?

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Accessing the EAP is easy. Simply call the EAP. Counselors are available, 24 hours a day, 7 days a week. The EAP will gather some information, evaluate your needs, and suggest a possible plan of action.

## What happens next?

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The next step will depend on your unique situation. If you are calling about an emotional or family issue, the EAP counselor will always suggest a face to face meeting. This will give you a private opportunity to talk about your concerns in depth. This meeting will take place at a convenient, private office away from the work-site.

## What about resources other than counseling?

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The EAP has a variety of professionals available to help you free yourself from personal worries at work. Locating day care resources, financial consultations, and legal assistance, are all examples of how the EAP can assist you with work/life balance issues. The EAP also provides Health Coaching services for you and your loved ones on such issues as weight management, fitness and smoking cessation.



314.845.8302 / 800.832.8302

EAP SERVICES—Here to assist you!