



Greetings all Hoover Board of Education employees!

Welcome to the EAS family! We are your new counseling service for you and your family members. We are excited to begin serving you on January 1, 2024.

We can help with stress, depression, relationship problems and most any other issue your family is experiencing. We are available to help you through face-to-face, telephone or online counseling. Remember, our services are **COMPLETELY CONFIDENTIAL**—your employer does not know who calls us!

What happens when you call our number? Our office manager answers the phone and assists you in obtaining the help you need for your particular situation. She will direct you to our website to complete our intake forms, which will be sent directly to our email address. She will then send your forms to the counselor that best suits your needs. Once the counselor has your intake forms, he/she will call you within 24-48 business hours to set up your first session. Your employer provides three free sessions. If you wish to continue seeing your counselor after those sessions, you may switch over to our sliding scale.

easbirmingham.com

Our website is very user-friendly and informative. The intake forms are located on the Documents page, and you can check out our team, including most of our counselors.

- **NEWSLETTER**--Click on NEWSLETTER, where you will find the fall issue, featuring articles on **What is problem Drinking or Drug use?, Put Family first, Tips for New Year's Resolution Success**. There are numerous articles from previous issues available as well. (Click on *Articles From Previous Issues* under the WELLNESS LIBRARY.) These articles are listed in categories such as Self Tests, Addictive Disorders, Anxiety & Stress, Depression, Family Life, Financial, Parenting, Relationships etc.
- **LEGAL AND FINANCIAL RESOURCES**--Also on our website are legal and financial resources for every possible need. Click on Services and you will find two links, one to a vast array of resources on legal matters (Consumer issues, adoption, custody, support, bankruptcy, IRS matters, etc.) AND another link to financial resources (Credit, getting out of debt, garnishments, budgeting, mortgage counseling, etc.)

EVERYONE NEEDS A LITTLE HELP NOW AND THEN—THAT'S WHAT WE DO!

CALL US AT [205-933-7442](tel:205-933-7442).