



Frequently Asked Questions about Employee Assistance Programs (EAP)

1. What is an Employee Assistance Program?

EAP is a free, voluntary program available to you and your family. It's a benefit for employees that is intended to provide timely, quality, confidential assistance when it's needed.

2. What type of assistance does EAP provide?

EAP provides short-term counseling for nearly every type of situation that can affect your workplace or personal life. (For a partial list please see inside.)

3. Are my counseling sessions confidential?

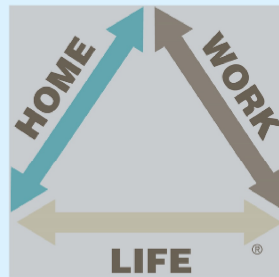
To ensure confidentiality, all counselors are state certified and must hold masters degrees. Counselors may not disclose any information regarding your confidential sessions without your written consent. The only exceptions are when legal requirements impose a "duty to warn" or a court-ordered subpoena has been issued.

4. Do I have to pay for my EAP counseling?

NO. As an employee, you and your family members are entitled to eight (8) counseling sessions per year. If more than 8 sessions are required, your EAP counselor may offer you additional sessions. If your situation requires extended counseling, your EAP counselor will refer you to a counselor who provides services under your Health Benefits plan. If you do not have coverage, your EAP counselor will attempt to find you services you can afford.



Lifestyle Management
RESOURCES EAP



*we can help you balance
and get more enjoyment
from... your **home**,
your **work**,
and
your **life**!*

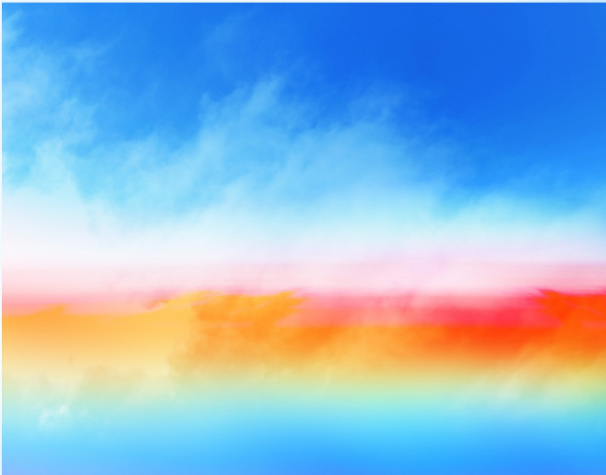
**Call (912) 429-6981 or
(912) 429-2596 to schedule
an appointment today.**



Lifestyle Management
RESOURCES EAP

Who is LMR?

Lifestyle Management Resources (LMR) has been providing quality EAP services for corporations and their employees since 1999. Our mission is to embrace today's workplace challenges and offer solution focused programs that will attract and retain employees as well as improve workplace satisfaction and overall productivity.



We are a locally owned and operated agency who believes in a "face to face" approach to EAP. With LMR EAP, you will never experience the "disconnect" felt with many large EAP providers. No matter what issue or personal concern you may be facing, our team of professionals can provide you with the service you need. Whether it be workplace stress, emotional problems, substance abuse, family issues, legal or financial trouble, we will be available to meet with you usually within 24-48 hours of your initial call.



What types of issues can LMR help me with?

The following panel shows only a partial list of topics commonly discussed with EAP counselors.

Basically, **anything** causing you stress, anxiety, sadness, feelings of guilt, anger, or any other burdensome emotion...you can discuss with your EAP counselor.

Some issues may even be resolved over the phone while other may take a few "face-to-face" discussions with your counselor. Your EAP counselor will give you an idea of approximately how many sessions it will take to positively resolve the issue(s) you're experiencing.

Call (912) 429-6981 or
(912) 429-2596 today for an
appointment!

Some of the Most Common Topics Employees Discuss With Their EAP Counselor...

- Parenting
- Elder Care
- Blended Families
- Marital Problems
- Balancing Home and Work
- Job Burnout
- Time Management
- Substance Abuse
- Alcoholism
- Co-Dependency
- Coping with Traumatic Events (such as a natural disaster or being the victim of a crime)
- Stress Management
- Financial Instability
- Smoking Cessation
- Insomnia
- Back to School issues
- Lifestyle Adjustments due to injuries
- And more...

