

Every day I talk to people that have tried very hard to separate their work life and home life. Unfortunately, it is not an easy task. Either things going on at home bleed into work or we carry things going on at work home with us. Legacy EAP is available to help with work and home issues. The EAP is provided to you by your employer and it is an economical benefit to you. EAP is a great benefit and can be underused. It provides the employee and family members with access to a professional who can help them and provide referrals if needed.

This is a self-referral program. If you have something going on in your life that you need a safe, confidential place to talk, we can be those people. We talk you through things like stress, anxiety, depression, alcohol and drug dependency, marital issues, family difficulties, financial problems, grief, loss of a job or coping with change. The EAP team is dedicated to helping you find real solutions. Our professionals are trained and experienced in treating those problems and seek to meet your needs quickly and efficiently.

EAP services are a great resource for all involved. They benefit employees by helping them restore mental, emotional and physical well-being. It can also help restore productivity at work. No employee can be at their top performance when they are struggling with personal issues. Don't let problems overwhelm your life. If you have been dealing with your problems alone and the solutions aren't working, or if you just don't know what to do, reach out for help. You don't have to cope alone.

To access the EAP services you can either call 706.272.6558 or email rhoughton@hhcs.org. There is a \$30.00 fee for a total of (6) phone sessions and can be paid by Venmo: @LegacyEAP