

Employee Assistance Program (EAP)

LIFE, IN BALANCE

A Healthy, Productive Workplace

St. Luke's Penn Foundation's Employee Assistance Program (EAP) is a proactive business tool that can help your employees handle life challenges while, at the same time, reducing absenteeism, increasing retention, saving money, controlling costs, and maximizing employee productivity.

Employees who are physically, mentally, and emotionally balanced are happier and more productive. Leaders who facilitate employee well-being at work create more successful and profitable companies.

Our EAP can help your employees find Life, in Balance through counseling and psychiatry services, trainings, and crisis support. Our primary goal is to ensure the mental wellness of your employees so that they can consistently and effectively contribute to the growth of your company.

On average, 47% of employees face personal issues that affect their workplace performance.

An Informed, Engaged Workforce

No matter what stressors your employees face inside or outside the workplace, we have services and a local team of experts ready to help.



Counseling & Psychiatry



Discounted Legal Services



Trainings

Research shows that when employees succeed in life, they succeed in their jobs.

A Strong, Empowered Leadership Team

Building an organization where employees feel respected, valued, and excited to work starts at the top. We can help you and your management team gain the skills you need to create a healthier, more balanced work environment and successfully address issues with employees.



Crisis Support



Conflict Mediation



Leadership Coaching*



Management Training & Consultation*

More than 35% of managers feel they receive no formal support or resources to help employees.

Call
215.257.6556
or visit
PFEAP.org
to learn more.

* Additional fees may apply.

Employee Assistance Program (EAP)

EMPLOYEE SOLUTIONS

FOR MORE THAN 40 YEARS, St. Luke's Penn Foundation's Employee Assistance Program (EAP) has offered services and trainings designed to restore and strengthen your employee's health and productivity in the workplace. EAP benefits are available to employees and all members of their households.



Counseling & Psychiatry

St. Luke's Penn Foundation's EAP offers confidential*, professional counseling for the employee and members of the employee's household. Services are offered in person or via telehealth for either work or personal issues. No authorizations are needed to schedule sessions. Employees and members of their household can seek counseling to assist with:

- Stress Management
- Marital/Relationship
- Support
- Grief/Loss
- Depression
- Anxiety
- Alcohol or Drug Use
- Child and Adolescent Issues
- Parenting Support
- Career and Work-Related Support

Employees and adult members of their household also have access to a psychiatrist. For more information about our psychiatry service, please contact the EAP office at 215-257-6556.

* Please note: Unless an employee signs a release of information, it is against the law for St. Luke's Penn Foundation's EAP to tell you if an employee seeks counseling.



Discounted Legal Benefits

Employees receive a free, 15-minute phone consultation and a discount on legal services such as:

- Wills/Living Wills
- Powers of Attorney
- Estate Planning
- Divorce, Custody, and Support Issues

For a full list of discounted legal services, contact the EAP office at 215-257-6556.



Employee Trainings

St. Luke's Penn Foundation's EAP offers a wide range of trainings to ensure your employees are equipped with the skills necessary to be able to adapt to an ever-changing business landscape and maintain a healthy work/life balance.

Trainings are available for all positions and are offered online or onsite. Training topics can be tailored to meet the needs of your employees. Topics can include:

- Respectful Workplaces
- Effective Communication
- Stress and Burnout
- Reasonable Suspicion
- New Manager

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HR & MANAGEMENT SOLUTIONS

AS AN EMPLOYER, it is beneficial and cost-effective to address employees' personal issues and conflicts, rather than ignore them, as well as to hone leadership skills among your managers so that they can help you guide all employees in a positive direction. The following services are available to you and your management team.



Crisis Support

Our trained counselors are available to respond to individual or organizational crisis at your place of business. Our crisis support services include management consultation and critical incidents stress debriefings.

Our experienced EAP Crisis Team can support your management team and employees in the event you are faced with:

- Sudden Death of an Employee
- Workplace Accidents
- Robberies
- Workplace Reductions or Other Workplace Transitions



Conflict Mediation

St. Luke's Penn Foundation's EAP offers support to management in dealing with work-related conflicts. As a client, your management team can reach out to St. Luke's Penn Foundation's EAP experts for conflict mediation assistance that includes:

- Talking through the conflict
- Establishing goals
- Implementing clear steps toward agreed-upon actions

Follow-up meetings are also set to ensure that goals are met and progress is made towards positive change.



Leadership Coaching*

Managers aren't always effective leaders. Let St. Luke's Penn Foundation's EAP team help your key employees grow professionally by equipping them with the tools and support they need to be leaders. Through one-on-one or group training sessions designed to teach a variety of management skills, we can help your employees gain and apply effective leadership tools that will ultimately help to cultivate a positive, productive workforce.



Management Training* & Consultation

Many of our contracted companies see St. Luke's Penn Foundation's EAP team as an extension of their Human Resources (HR) department. We are often the first call an HR director makes when they need support during difficult times. Our contracted companies benefit by being able to call us for support with crisis situations, difficult employees, significant change management, and conflicts within a team or across departments. Management teams also find comfort in knowing that St. Luke's Penn Foundation can help a good employee who has violated company policy or experienced work-performance problems get back on track.

** Additional fees apply for some trainings.*

Services for Easton Area School District



6 Face-to-Face* or
Telehealth Counseling
Sessions for Employees
and Household Members



Up to 2 Face-to-Face**
or Telehealth Psychiatrist
Sessions for Adults



Live Person to Answer
Phone Calls During EAP
Business Hours



Multiple Office Locations
Sellersville, North Wales &
Bethlehem



Individual, Couples, Family,
and Child/Adolescent
Counseling



Drug and Alcohol
Counseling



Counseling for Work
Related Issues



Online Mind-Body Practices



24/7 Access to St. Luke's
Penn Foundation
Crisis Worker



Online Resources at
PennFoundation.org



Legal Services -
Free Phone Consultation
and Discounted Fees



Contract Renewal
July 1st

**Available at one of our office locations*

***Available at Sellersville location only*

Phone number 215-257-6556

www.pfeap.org

