

Why have an EAP?



Your company knows that employees are its most valuable resource. The EAP can help you receive the assistance

needed to resolve "off the job problems" that can affect "on the job performance".

Your company recognizes that unresolved problems often have a negative effect on ability to handle day-to-day responsibilities—both at home and at work.

Many people try to avoid dealing with sensitive problems as long as possible. Early attention to such difficulties can often help to avoid costly, burdensome consequences later on.

Who We Are

ThedaCare at Work-EAP is a division of ThedaCare, based in Appleton, Wisconsin. We are a non-profit organization, providing high quality and high value EAP services since 1974. Our mission is *to provide customized employee assistance services that promote a healthier work force and workplace for employers, employees and their families.*



www.thedacare.org



Employee Assistance Program

Assisting employees and families with solutions to personal and job related issues



What we are

There are times when all of us experience personal difficulties and problems. In most cases, we are able to resolve them ourselves but, sometimes they are more serious and begin to interfere with other areas of our lives or we need to talk to someone.

What may seem like a burden to one person may be lightened when it is shared with someone who can be understanding yet objective. An EAP Counselor is trained to assist you and knows where to find help.

The EAP offers trained, caring counselors to provide assistance in understanding and defining personal problems. Their role is to identify helpful resources and appropriate solutions.

How does the EAP work?

Simply call and identify yourself as an employee of your company, household member or dependent. We will connect you to our qualified EAP provider in your area and authorize their services.

During your first session, a professional, master's level counselor will assist you to identify and evaluate your problem or concern. Possible solutions are discussed and recommendations will be made. In some cases, the EAP can deal with your situation in a few sessions — in other cases a referral may be made to the right resource for additional help.

What we can help with

Problems may surface at home, at work or at school. They may involve you, or may affect your relationships with family, friends or co-workers. Typical issues include:

- Marital or Relationship Conflict
- Parenting or Family Issues
- Stress Management
- Depression and Anxiety
- Grief or Loss
- Workplace Conflict
- Alcohol or Drug Abuse
- Anger Management
- Informational and Referral Services
- Behavioral and Emotional Disorders
- Self Improvement



How we can help

- Initial Appointments Offered within Three Days
- 24-Hour Telephone Access
- Nationwide EAP Provider Network

Cost

This benefit is paid for by your company. You will not be charged for the initial assessment and short term counseling. If a referral is made, it will be to agencies that are covered by your insurance or based on your ability to pay. You may be responsible for any costs not covered by insurance.

Eligibility

Eligibility includes employees and their household members/dependents.

Confidentiality

The nature of your issue(s) and discussions with the counselor are kept confidential. Information will not be released to anyone, including your employer, without your written permission. Using the EAP does not become part of medical records. Special care is taken to protect your privacy. The only exception is in a lifethreatening situation or where required by law.