

WHAT ARE THE BENEFITS OF YOUR EAP?

EAP's professional staff can assist you with most any problem you might encounter. Some of the challenges that might arise could be work related, marriage and family issues, drug, alcohol or gambling addictions, financial and legal matters, eating disorders, child and elder care needs, stress, anxiety, and depression. EAP, Inc. also functions as a major resource center for issues that might concern you or your family.

Enloe Medical Center, as part of their benefits, has provided 3 free visits per 6 months, per individual. With a maximum of 12 visits per family unit in a 6 month period.

WHO IS ELIGIBLE FOR EAP?

At Enloe Medical Center we realize that problems are never isolated, so our employee assistance benefits are provided for all regularly scheduled part and full-time employees and their dependents.

Pace of mind can be yours when you get help with . . .

MARITAL/FAMILY CONCERNS

- Parenting Issues
- Eldercare Uncertainties
- Communication Skills
- Family Blending
- Childcare Issues

INDIVIDUAL ISSUES

- Stress
- Anxiety
- Grief
- Anger
- Depression

SUBSTANCE ABUSE

- Alcoholism
- Drug Abuse
- Gambling Addiction
- Eating Disorders

JOB RELATED ISSUES

- Stress
- Interpersonal Conflict
- Self-esteem Dilemmas

FINANCIAL DIFFICULTIES

- Debt Problems
- Overextended Credit
- Budget Worries

ADDITIONAL SERVICES

- Job/Career Challenges
- Legal Matters
- Smoking Cessation
- Community Resources
- Many Other Services

ENLOE MEDICAL CENTER

EAP, INC. *Employee Assistance Program*

www.eap4u.com

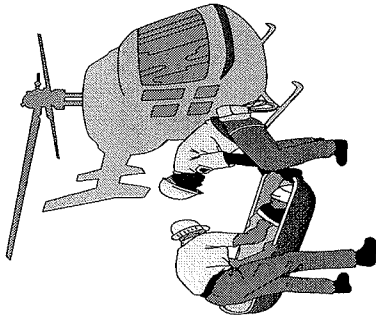
(530) 891-1513

(800) 207-7233



WHEN HELP IS NEEDED- EAP

Each day brings unique challenges such as family conflict, miscommunication, problems with co-workers, uncertainties and doubts. Everyday frustrations are part of life but there are times when life can be overwhelming.

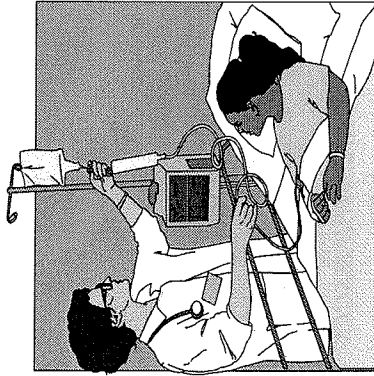


Often these problems can escalate leading to stress, depression, physical illness and substance abuse.

Your employer, Enloe Medical Center, has contracted with EAP, Inc. to provide Employee Assistance Services for you and your family. Our counselors assist you by providing support and exploring options for resolving these life issues.

WHAT IS EAP?

An employee assistance program is a confidential counseling, referral and resource service. Wellness through prevention, early intervention, and proactive problem solving encourages you and your family to lead happy and productive lives.



EAP - CONFIDENTIAL AND CONVENIENT

Protecting client confidentiality is mandated by the laws of the State of California and the federal government. All stages of your contact with EAP will be held in the strictest

confidence and **at no time will the contact jeopardize your job security.** Enloe Medical Center has chosen to provide you with this additional benefit because they realize that personal problems not only affect your health and peace of mind but can also affect work performance. EAP provides positive intervention and assistance and there is **no cost to you** for this added benefit.

The convenience - EAP benefits are initiated with a simple phone call to (530) 891-1513 or toll free (800) 207-7233. When you contact EAP a trained clinical specialist will assess your needs and refer you to the appropriate person to assist you with your concern. This might be a marriage and family counselor, a licensed social worker, or a community resource. The specialist will help you set up an appointment - the same day if necessary. EAP is available 24 hours a day, 7 days a week to meet your needs. On non-business days, your call will be returned as soon as possible.

