

# *Employee Assistance* Program

## What is the Employee Assistance Program?

Each of us faces a variety of challenges and problems in our daily lives. Occasionally, some of these challenges become too much to handle on our own, which may affect our families, personal happiness, performance at work and overall health.

Whether it is a problem in the workplace or at home, our Employee Assistance Program (EAP) offered by Prevea Behavioral Care is here to help. You and your family can participate in the program with assurance of total privacy.

## What type of assistance is available?

- EAP offers assessment and counseling services for emotional, behavioral, family or stress-related problems, including:
  - ~ Physical and emotional illness
  - ~ Marital, relationship and family concerns
  - ~ Child and parenting issues
  - ~ Grief and bereavement
  - ~ Career concerns or job issues
  - ~ Stress management
  - ~ Drug and alcohol abuse
- Educational presentations on a variety of mental health and wellness topics are also available.
- Consultations facilitate problem resolution in job-related situations.
- Assistance with problem solving of managerial and interpersonal department issues.

## What about confidentiality?

Anyone participating in our EAP is assured of the highest level of confidentiality. Your identity, referrals and records will be kept in the strictest confidence. No information or records may be released without your written consent.

## How do I schedule an appointment?

Call Prevea Behavioral Care to schedule an EAP appointment.

**Green Bay**  
**(920) 272-1200**

**Sheboygan**  
**(920) 458-5557**

**Eau Claire**  
**(715) 717-5899**

*Prevea employees and immediate family members are eligible for three EAP appointments per year at no cost to you. If more sessions are required, your health insurance will be billed.*



**PREVEA**  
health