

## **When the going gets tough, the Employee Assistance Program can help.**

A benefit that many employees frequently overlook is the Employee Assistance Program (EAP). The EAP is a confidential program that is funded by your employer to provide assistance to employees and their family members to help them resolve personal concerns. Employees or their family members can contact the EAP if they are having difficulties dealing with a challenge in their lives. Examples of these challenges include relationship issues, parenting concerns, blended family problems, separation or divorce issues, personal problems related to anxiety, depression, and drugs or alcohol, legal or financial problems, career concerns or problems coping with a changing work environment, and catastrophes that can occur in a person's life.

The Employee Assistance Program is available to employees and their family members twenty-four hours a day and seven days a week for urgent or emergent situations (normal business hours 9:00AM to 8:00PM ET M-F) The toll-free number is **1-800-395-1616**. A counselor will be available to speak with you and help you to identify the problem. Each of the counselors is a licensed therapist.

Together the employee and the counselor will develop a plan and determine which options can most effectively address the identified problem. These options may include telephonic counseling, continued short-term therapy through the EAP, or a referral to an appropriate professional resource in the local community.

The EAP benefit provides you with up to six (6) sessions with a professional counselor at no cost to you. The program includes 30 days of financial coaching and 30 minute legal consultations. Information is also available on the web:

[www.ibhsolutions.com/members](http://www.ibhsolutions.com/members)

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