



Your EAP is available
24 hours/day, **7** days/week

CONSULTATION SERVICES

Eldercare Services

A licensed nurse can conduct an in home assessment of an aging parent to evaluate their ability to live independently. Areas assessed include nutrition, mobility, health, & safety. A written report will be prepared identifying areas of concern and available community resources.

Identity Theft

If you suspect that you are a victim of identity theft, a case manager will be assigned to review your credit report, issue fraud alerts on your behalf, directly contact creditors to begin the dispute process, and work with the credit bureaus to restore your credit rating.

Legal Consultation

A 30 minute consultation, per issue, with a network attorney is available on an unlimited number of separate legal matters including:

- Divorce
- Child custody
- Criminal law
- Power of attorney
- Will and estate planning
- Mediation services

Financial Counseling

The EAP offers consultation on a variety of financial issues, including:

- Budgeting
- Debt management
- Improving your credit score
- Financial planning questions

STEPS

for participation in the program

- 1** Call the EAP at 1.800.433.7916.
- 2** Following a brief intake, an appointment will be scheduled for you at a convenient time.
- 3** You will meet with an EAP counselor to discuss your problem in strict confidence.
- 4** Your personal concern may be resolved within three sessions or you may be referred to a professional resource who has expertise within your problem area.



EAP

EMPLOYEE ASSISTANCE PROGRAM

A counseling and referral service designed to help employees, spouses and dependent children under the age of 26 with a wide range of personal concerns.



1.800.433.7916

What is an **EMPLOYEE ASSISTANCE PROGRAM?**



EMPLOYEE ASSISTANCE PROGRAM SERVICES INCLUDE:

The program provides free, confidential, professional counseling to help employees and dependent family members resolve personal problems which may affect their health, personal well-being, or job performance.

What types of problems can the program handle?

No one is immune to personal problems. Life's troubles can affect anyone, at any time, in any job classification. Your EAP is committed to working with employees in resolving a wide range of personal concerns. Areas covered include:

- Anxiety
- Depression
- Stress
- Work concerns
- Parenting support
- Grief & loss
- Marital relationships
- Domestic violence
- Alcohol or drug abuse

Why would my employer be concerned about my personal problems?

Methodist realizes that, on occasion, employees may face personal problems in their lives. Often, they are able to work those problems out themselves. Yet, there are times when personal problems become so complex and overwhelming that, without help, they affect personal satisfaction, health, family harmony, and job performance. These problems can be resolved through professional help. Methodist knows that healthy, productive employees are its greatest asset, and it is good business practice to provide assistance to the people who make up your organization.

Will my employer know who uses the program?

No - not unless you tell them or authorize the counselor to talk to them. The program is voluntary and completely confidential.

Are the EAP counselors qualified?

All counselors are experienced professionals qualified at the master's and doctorate level in the fields of counseling, clinical psychology, marriage and family therapy, and clinical social work. Many counselors have areas of specialization, such as treating children or adolescents, couples therapy, addictive disorders, and anxiety or depression. A credit counselor is also available to assist in the counseling/referral process.

How will the counselor work with me?

The counselor will listen to what you have to say, help you to clearly define the problem, discuss alternative solutions, and assist you to decide on the best approach to resolving your problem. If your problem cannot be adequately resolved within six sessions, the counselor will offer you an appropriate referral.

What if I need more counseling or services than the benefit can offer?

If you need a referral to another professional or community resource, the counselor will explain how that referral works. If that referral involves any cost to you, that will be explained. If the referral involves use of your healthcare benefits, that will also be explained to you before you leave the office.

Work Life Solutions

For most people life these days is pretty complicated. As an additional benefit the EAP provides employees with a comprehensive consultation and referral service to assist with daily demands. Whether you are concerned about finding quality childcare, eldercare services, or would like information about adoption, colleges, or general wellness, are care consultants know how to help.

A comprehensive list of referrals and resource materials is continually updated via direct contact with state licensing agencies, providers and community organization. Our consultants are available to provide personalized assistance, which can include the creation of a customized information packet from our vast library of pamphlets and tip sheets. Areas of assistance include, but are not limited to :

- Parenting
- Childcare
- Pet sitters
- Adoption
- College planning
- School age decisions
- Child safety
- Retirement



Website

In addition to being able to conduct you own dependent care search via our website, thousands of articles and self assessments on a variety of health and wellness topics are available. For more information, go to www.chestnutglobalpartners.org
User name: **MMCI**