

SEEKING HELP

As we mature, we become better able to seek the assistance of others when we need it. Many problems can be solved by talking them over with a relative or friend we trust. Sometimes, a problem requires professional help. Often, a single consultation is all that is needed.



The first step in solving a problem is realizing that you are experiencing one. This is not as easy, or as obvious, as it may sound. Often, someone else with a fresh view can help us to see the matter more clearly. Once you understand the problem, an effective plan of action is possible.

The Employee Assistance Program (EAP) can help you understand and cope with those difficult family, legal, stress or drug and alcohol problems that are too much for your friends and relatives to help you with.

When you have a problem that won't go away, it often begins to impair work performance. You may be unable to concentrate

on your job, make more mistakes, or you may have



trouble getting to work on time. Then, you start having job problems too. Just what you need, right?

The fact is, the more successful you are in your personal life, the more likely you will be successful at work. That's why we have

made EAP a benefit for all employees and their family. That benefits you.

EAP counselors are trained and experienced. The counselors all have attained Masters Degrees in Human Service fields along with licensure and/or certifications in appropriate areas of counseling.

The EAP is available to help you! It benefits you and many more...



Maybe it's time to get help

WE'RE ON
YOUR
SIDE



EMPLOYEE
ASSISTANCE

WHAT'S COVERED?

EAP can assist with all types of problems:

- Alcohol Problems*
- Legal Difficulties*
- Marital Crises*
- Problems With Children*
- Anxiety*
- Financial Distress*
- Depression*
- Relationships*
- Emotional Crisis*
- Drug Problems*
- Team Building*
- Stress Reduction*

And because sometimes problems can't wait, EAP services are available 24 hours a day. Simply call the number listed on the back of this brochure and an EAP counselor will talk with you or you can schedule an appointment.

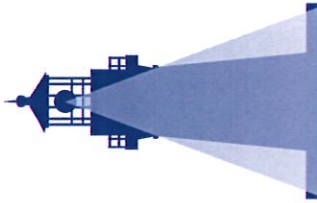
- EAP does NOT:
- *Provide long term therapy*
- *Intervene with supervisor*
- *Act as a grievance council*
- *Provide medical or work excuses*

Questions about the program can be directed to the EAP consultant, your Human Resources department or your supervisor.



APPALACHIAN REGIONAL
HEALTHCARE SYSTEM

EMPLOYEE ASSISTANCE PROGRAM



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APPALACHIAN REGIONAL
HEALTHCARE SYSTEM

HELP
WHEN
YOU
NEED
IT