



## *How Your Employee Assistance Program Can Help*



Employee Assistance Programs are a benefit provided by many employers that are designed to help employees with issues either personal or work related that may be interfering with the employee's job performance or personal lives. Following are some ways the EAP can be of assistance:

- ☞ Assessment of personal problems and helping with them or finding resources that can be of appropriate assistance.
- ☞ Ability to assist with challenges in relationships at work and helping to devise strategies to improve them.
- ☞ Provide mental health, marital or parent-child counseling if these are issues in your life.
- ☞ Help to improve communication and skill-building with individuals or employee groups.
- ☞ Providing support and problem solving to address concerns about work and assist you in keeping optimal job performance.
- ☞ Counseling and facilitation following a critical incident involving death, injury, or an event that creates fear and anxiety for you or a family member.
- ☞ Assist in addressing issues related to alcohol or substance abuse.
- ☞ Counseling and support with personal issues such as divorce, child custody, or other family related concerns.
- ☞ Guidance and support in preventing burnout and help address ongoing work pressures.

The Employee Assistance benefit provided by your employer is provided at no cost to you and is totally confidential and private. Most companies provide three to five sessions with the Employee Assistance Professional and the majority is able to utilize your health insurance to cover additional sessions. Visit with your Human Resources office regarding your companies Employee Assistance Program.

### **For Further Information:**

**Family Service Inc**  
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