

# simplifying EAP



## SERVICES AVAILABLE



### • EMPLOYEE ASSISTANCE PROGRAM

Assessment, referral, and follow-up services on work or personal concerns addresses maintaining a healthy lifestyle.

### • MANAGEMENT & ORGANIZATION

Team assessments, focus groups, and conflict mediation are conducted to promote communication and increase overall effectiveness within work units.

### • CRITICAL INCIDENT STRESS

Interventions to identify potentially harmful symptoms and recommendations on coping strategies are offered to reduce the aftermath of traumatic events.

### • EDUCATION & TRAINING

High quality seminars on work and life issues are provided using different learning strategies, exercises, case studies, or discussion to further individual growth.

## FLEXIBLE SOLUTIONS FOR YOUR INDIVIDUAL NEEDS

### • CUSTOM SOLUTIONS

Our services to employees, family members, and management are personalized to meet their individual needs.

### • EMPLOYEE SOLUTIONS

We are experienced at listening, asking the right questions, gathering information, and helping employees decide on the best course of action to take in addressing the difficulties they face.

### • BUSINESS SOLUTIONS

Our unique perspective of both human and organization behavior enables us to approach each challenge with an open mind and develop plans of action with sustainable, positive changes.



Employee Assistance Program  
professional consulting