

How do I use the EAP?

A request for help may be initiated by an employee or dependent. Simply call 838-1622 24 hours per day. Within a couple of hours, an EAP social worker or psychiatrist will contact you to discuss the problem and schedule an appointment.

In the case of an emergency, an appointment will be scheduled within 24 hours. Appointments are held at our clinic on Clearview Parkway in Jefferson, Louisiana. This location is easily reached from New Orleans by the Earhart Expressway or from Airline Drive and other major thoroughfares.

The initial problem assessment and consultation services are free to employees and their family members. If further assistance is necessary, the employee's regular health insurance and/or other benefits will be considered. If services which are not covered by insurance are necessary, the counselor will help the employee minimize the cost by making referrals to the most appropriate agency.

Family Mental Health Associates of Louisiana, Inc.

P.O. Box 10638

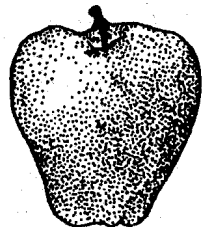
Jefferson, Louisiana 70181

838-1622

Employee Assistance Program

Call EAP for help . . .

838-1622



EMPLOYEE ASSISTANCE PROBLEMS

Family

Making the adjustment to separation or divorce
Physical illnesses
School problems with children
Caring for aging relatives

Marital

Trouble communicating with your partner
Constructive fighting
Negotiating conflicts
Sexual difficulties

Drug Abuse

Misuse of prescription drugs
Worry about drug habits
Dependence on drugs for sleeping
Marijuana abuse
Cocaine abuse
Financial problems related to drug use

Emotional

Dealing with anger
Setting limits with others
Stress
Changes in mood
Difficulty in making friends
Feelings of isolation
Trouble making decisions

Alcohol

Problems at home due to drinking
Absenteeism due to drinking
Personality changes after drinking
Drinking alone on a regular basis
Concerns about a family member's use of alcohol

Job

Conflict with co-workers
Conflict with supervisor
Frustration with work

EAP FEATURES & SERVICES

- 24 hours / 7 days per week
- Confidential Services
- Voluntary Participation
- Free of Charge to Employee or Dependent
- By Appointment
- Consultation
- Referral
- Follow-Up
- Education

What IS the Employee Assistance Program?

An EAP is a program which provides a professional to help employees and their families to resolve problems.

Why have an EAP?

All of us know that every person faces some problems in daily living. We handle most of these problems and they cause relatively little difficulty for us. But sometimes, when these problems affect our ability to work, the quality of our family lives, or our ability to be happy, they need professional attention. Getting the proper attention in a timely fashion keeps these problems from becoming worse.

Will anyone know if I use the EAP?

The discussion of problems is strictly between you and the counselor. Except by court order, or in those very limited circumstances where the health of the individual or others may be endangered, individual records shall not be released to anyone without the written authorization of the employee or family member.