



# EMPLOYEE ASSISTANCE PROGRAM

Our Employee Assistance Program (EAP) through MHN will help you with a wide spectrum of resources including Community Referrals, Legal Services, Online Tools, and Counseling.

## Community Referrals:

- Child Care
- 12-Step Groups
- Support Groups
- Elder Care
- Academics
- Attorney Service
- Free 30-minute Phone Consultation
- Discount for services beyond the free phone consultation
- Financial Counseling

Occasionally, personal problems may arise or situations may develop that interfere with your ability to perform your job effectively. When this occurs, it is important to have an understanding person accessible who can offer professional assistance. MHN is available to help you, or an eligible dependent address life stressors that may include:

- Family or Marital Conflict
- Child/Adolescent Behavioral Problems
- Major Life Changes
- Work performance, making it hard to concentrate due to: alcohol/drug abuse; prescription drug abuse; depression; and/or financial difficulties

Benefits also include up to three face-to-face confidential sessions per family member per problem each year – at no charge. If further help past the initial sessions is necessary, the EAP can assist you in coordinating additional treatment through your medical plan.

### **Confidentiality:**

***When you call and refer yourself into the program, it is absolutely confidential.***

***The success of the EAP depends on confidentiality.***

***Participation in the program is not documented in your employee medical or personnel records and will not affect job security or career mobility.***

| EMPLOYEE ASSISTANCE PROGRAM           |  |
|---------------------------------------|--|
| FREE Face-to-face Counseling Sessions | Up to 3 face-to-face sessions per family member per problem each year                      |
| 24-Hour Hotline                       | (800) 977-7593   |
| Website                               | <a href="https://members.mhn.com">https://members.mhn.com</a><br>Company Code: charlesdrew |