

**Employee Assistance Program (EAP)** The EAP program is a service which provides professional, confidential counseling help for personal problems at no cost to you. The EAP is available to you, as a benefit-eligible employee, and your immediate family members. The EAP is there for any problem affecting your life at work or at home whenever you are ready. Getting help early reduces the likelihood of greater challenges and more intensive care in the future. The EAP hotline is staffed during regular business hours to assist you in making the most appropriate referral and in scheduling appointments. **If your call is urgent and you cannot wait for face-to-face counseling, let the hotline staff know.** Professional counselors trained in handling crisis calls are available 24 hours per day.

What kind of problems can an EAP counselor help with? Alcohol/drugs Anger management Emotional concerns Adjusting to change Relationship problems Behavioral problems Parenting and children Job-related issues Stress

**Any personal problem affecting quality of life, 24 hours a day, 7 days a week, 800.726.0003. Business Psychology Associate , Website, [www.bpahealth.com](http://www.bpahealth.com).**