



**Taking
You Well**
INTO THE FUTURE...

Where are the offices located?

You will have convenient access to our affiliate counseling offices in or near your community. Counselors are available at multiple locations and hold a variety of office hours for your convenience. You may access these affiliate counselors by simply calling 800.433.7916.

WEBSITE

Our website contains thousands of articles, high quality video clips and self assessments on a variety of topics such as:

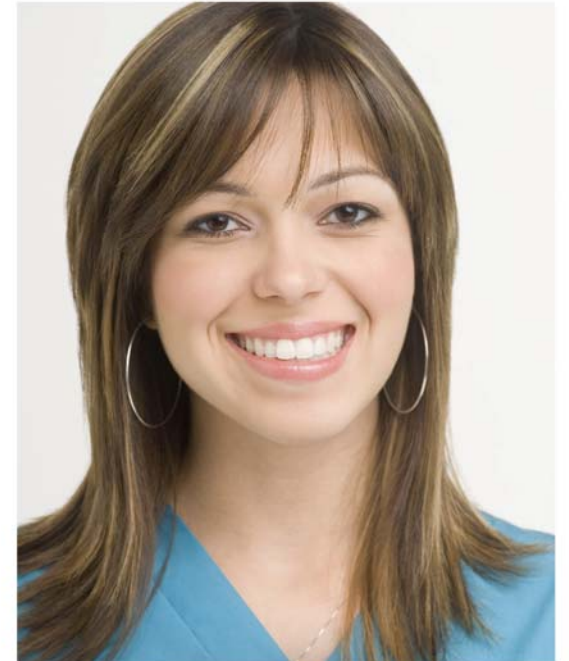
Mental Health | Workplace productivity | Health | Daily living
Parenting | Aging | Balancing | Thriving | Working | International

For more information, visit our website at:
www.chestnutglobalpartners.org | User name: **MCON**

STEPS

for Participation in the program

- 1** Call the EAP at 1.800.433.7916. 24/7/365
- 2** An appointment will be scheduled for you at a convenient time.
- 3** You will meet with an EAP counselor to discuss your problem in strict confidence.
- 4** Your personal problem may be resolved within three (3) sessions or you may be referred to a professional resource who has expertise within your problem area.



EAP

EMPLOYEE ASSISTANCE PROGRAM

A counseling and referral service designed to help students with a wide range of personal problems.



1.800.433.7916

WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM?

The program provides free, confidential, professional counseling to help students resolve personal problems which may affect their health, personal well-being, or job performance.



WHAT TYPES OF PROBLEMS CAN THE PROGRAM HANDLE?

No one is immune to personal problems. Life's troubles can affect anyone, at any time, in any job classification. Your EAP is committed to working with students in resolving a wide range of personal problems. Areas covered include:

- Anxiety
- Depression
- Parenting concerns
- Marital conflict
- Anger management
- Domestic violence
- Mood swings
- Alcohol or drug abuse
- Grief & loss
- Family concerns
- Communication problems

WHY WOULD METHODIST BE CONCERNED ABOUT MY PERSONAL PROBLEMS?

Methodist realizes that, on occasion, students may face personal problems in their lives. Often, they are able to work those problems out themselves. Yet, there are times when personal problems become so complex and overwhelming that, without help, they affect personal satisfaction, health, family harmony, and job performance. These problems can be resolved through professional help. Methodist knows that healthy, productive students are its greatest asset, and it is good business practice to provide assistance to the people who make up your organization.

WILL METHODIST KNOW WHO USES THE PROGRAM?

No - not unless you tell them or authorize the counselor to talk to them. The program is voluntary and completely confidential.

WHAT DOES THE SERVICE COST?

Services provided to you by the EAP are absolutely **free**. **Students may receive up to three (3) sessions** of problem assessment, consultation, and counseling at no cost to them. If any additional help is recommended, your health insurance and other benefits may apply. In any case, the counselor will strive to arrange help in the most cost-effective and professional manner to meet your needs.

ARE THE EAP COUNSELORS QUALIFIED?

All counselors are experienced professionals qualified at the master's and doctorate level in the fields of counseling, clinical psychology, marriage and family therapy, and clinical social work. Many counselors have areas of specialization, such as treating children or adolescents, couples therapy, addictive disorders, and anxiety or depression.

How will the counselor work with me?

The counselor will listen to what you have to say, help you to clearly define the problem, discuss alternative solutions, and assist you to decide on the best approach to resolving your problem. If your problem cannot be adequately resolved within three (3) sessions, the counselor will offer you an appropriate referral.

WHAT IF I NEED MORE COUNSELING OR SERVICES THAN THE BENEFIT CAN OFFER?

If you need a referral to another professional or community resource, the counselor will explain how that referral works. If that referral involves any cost to you, that will be explained. If the referral involves use of your healthcare benefits, that will also be explained to you before you leave the office.