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Changing relationships...Changing Lives...Making life meaningful.

## What is an EAP?

### How You Can Improve Employee Mental Health at Work

Approximately one in five adults experiences a mental illness at some point in life. An Employee Assistance Program (EAP), can help.

As an employer who cares about your employees' mental health and wellbeing, you may want to provide benefits that can help your team members who are dealing with these issues. One great way to do that is to offer access to an Employee Assistance Program (EAP).

An EAP can help businesses and their employees with a variety of issues in and out of the workplace, including mental health services and employee assistance with personal, family, and work issues. An EAP provides your employees with access to the support they need.

### What is an EAP?

An EAP, connects member employees to confidential, professional assistance to help with personal, family, and work issues. Often these services come at no charge to the employee. Professional counselors and other specialists accessible through an EAP can help employees tackle issues such as stress, depression, substance abuse, financial concerns, and family issues.

Finding a therapist or accessing counseling might feel out of reach for those suffering from stress or mental health issues. EAPs generally provide access to counseling over the phone, or even in-person sessions with a local counselor. There's really no need to wait for help or to second guess yourself when you can talk to a helpful professional for free.

Employee counseling can help with:

- Anxiety at work
- Stress at home or in personal relationships
- Depression
- Addiction issues

Privacy is also a cornerstone of these services, as employers having access to their employees' mental health information is delicate issue. If the EAP provides access to licensed professionals it is **not** entitled to the confidential information shared with the counselor.