

# EMPLOYEE ASSISTANCE PROGRAM



**EAP counselors are here for you, offering confidential, voluntary, free services to support your emotional well-being.**

- Individual Counseling
- Couple Counseling
- Resources and Referrals
- Mediation
- Critical Incident | Disruptive Event Response
- Workshops and Trainings

**Contact EAP for a consultation or to schedule an appointment**

**(628) 652-4600 or (800) 795-2351**

**Monday – Friday 8:00am – 5:00pm**

Visit EAP Online at [sfhss.org/eap](https://sfhss.org/eap)

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# EAP counselors offer a variety of services

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## COUNSELING

Emotional stress can affect your physical health, relationships, sense of well-being and work performance. Communication difficulties can interfere with relationships at work and at home.

## GETTING HELP EARLY CAN MAKE A DIFFERENCE

You or an immediate family member may use up to six (6) EAP counseling sessions in a twelve month period. Both individual and couple counseling services are available with a licensed counselor.

## REFERRALS

EAP can provide guidance on accessing mental health and substance abuse services offered through your health plan or a community resource. EAP can also provide resources for parenting, domestic violence, elder care, legal issues, financial and other concerns.

## WORKSHOPS & TRAININGS

EAP offers opportunities to help increase your well-being and capabilities in the workplace. Ask your Wellness Champion or your manager about bringing a workshop or training to your work group.



## MEDIATION

Mediation is available to help you find resolution of interpersonal workplace problems that result from personality conflicts, communication difficulties and duty disagreements. Mediation must be arranged by your supervisor with an EAP counselor.

## CRITICAL INCIDENT | DISRUPTIVE EVENT RESPONSE

Even emotionally resilient people may experience strong reactions when exposed to a traumatic or disruptive event. EAP can help you process such an event so you can return to your regular routine both at work and in your personal life.

## EAP IS CONVENIENTLY LOCATED

1145 Market Street, Suite 100  
Easy access by public transportation.

**WE'RE HERE** *For You*

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