

## Frequently Asked Questions

### **What is an Employee Assistance Program?**

The EAP is a free, confidential counseling service offered by employers that helps employees through personal or professional setbacks.

### **Will my employer know if I use the EAP?**

No, your employer will not know. Participation is voluntary and completely confidential. Our counselors adhere to strict guidelines regarding disclosure of program participation.

### **What issues can EAP help employees with?**

Through counseling, educational seminars and referrals, the EAP can help with problems related to: alcohol and drug use, depression and anxiety, family conflicts, grief, financial difficulties, parenting, stress and work-related issues. This list is not all-inclusive, so please don't hesitate to ask about specifics not listed here.

### **Why do employers need an EAP?**

An EAP makes good business sense, because it promotes a healthy work environment which, in turn, helps increase employee productivity. Our fast, practical advice can help employees resolve problems before they interfere with daily life.

Consider this:

- 25 percent or more of a troubled employee's salary may be lost in absence, low productivity and medical expenses
- Employees with substance abuse problems are almost four times more likely to file a worker's compensation claim
- Employees who use drugs are twice as likely to have absences of eight days or more, and are three times more likely to be late for work
- Alcoholism causes 500 million lost workdays annually in the US