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of  
PATERSON



# EMPLOYEE ASSISTANCE PROGRAM (EAP)

Life can be challenging and you may need additional support to help you successfully cope with events that are effecting your health and well-being. Your EAP counselors are ready to assist!

### What Is EAP?

EAP is a free benefit provided by the Diocese of Paterson to its employees and members of their household. The EAP offers confidential counseling and referrals to professionals who will help clarify your problem or concern and work with you to develop a plan of action for resolution.

### What Services Does EAP Offer?

You can speak with a counselor directly over the phone and/or speak with a therapist in a face-to-face counseling session—**the choice is yours!** If you choose to see a therapist in-person, you will be provided a referral near where you live or work. The EAP can also refer you to eldercare and childcare providers.

### What Issues Can EAP Address?

EAP can help you with a wide variety of personal concerns/issues:

- Family/Parenting problems
- Grief/Bereavement
- Marital/Relationship issues
- Stress/Anxiety
- Depression issues
- Alcohol/drug/other addictions
- Eldercare/Childcare issues
- Financial/Credit counseling
- Legal referrals
- Time Management
- PTSD
- Legal concern

### Is The EAP Service Confidential?

All phone calls to the EAP and all counseling sessions provided by the EAP are strictly confidential. The only exceptions to confidentiality are situations in which your safety or the safety of others is at risk.

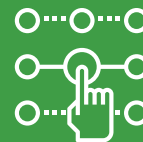
### What Is The Costs?

There is no cost to you or your household members for EAP counseling services. If you are in need of additional counseling sessions after utilization of the EAP benefit, the resulting fees or co-payments are your responsibility. Your EAP representative will assist you in finding the best resource at the lowest cost to you.



### Get Clarity

Your counselor will help you clarify your problem or concern.



### Identify Options

Your counselor will help you identify your options and guide you in exploring potential ways to resolve your problem.



### Develop A Plan

Your counselor will help you develop a specific, concrete plan to solve your problem.

## Connect With A Counselor Today!

24 hours a day / 7 days a week

**Phone:** 800-531-0200 **Email:** [inquiries@charlesnechtem.com](mailto:inquiries@charlesnechtem.com)

**Web:** <http://www.charlesnechtem.com>