

## What is an EAP?

An EAP program is designed to assist employees and their family members in the identification and resolution of problems, before they overwhelm you and affect your personal and professional life.

## What is the cost?

There is no charge to employees or their immediate family members for accessing the EAP services. As an employee of Richmond Community Schools you and your eligible family members are entitled to receive up to six (6) sessions per family member per incident.

## CONFIDENTIALITY

All EAP services are confidential – neither your employer nor your co-workers will know if you use the EAP. Confidentiality is of the utmost importance. All information shared with the EAP counselor is confidential, and is not disclosed without written permission or unless required by law (e.g., threats of harm to self or others, child abuse).

## What kinds of problems are covered?

You can use the EAP to get help for almost any kind of personal or work-related problem. Counseling services include a wide variety of life situations, including:

- Stress with work or at home
- Problems with children or other family members
- Emotional difficulties
- Marriage or relationship concerns
- Coping with change at work or home
- Grief
- Alcoholism
- Drug abuse or dependence
- Anxiety
- Feelings of loneliness
- Lifestyle management
- Personal issues

## How to use the program:

1. Contact the EAP by calling Patrick Chimenti, LCSW at 765-277-9033.

**If you have an EMERGENCY, contact Reid Hospital.**

2. An appointment will be scheduled for you to meet with the EAP counselor.

3. You and your eligible family members are entitled to receive up to six (6) sessions at no cost to you.

4. When counseling is needed beyond six (6) sessions, a recommendation will be made by the EAP counselor as to further treatment options.



**Call 765-277-9033**