

# The Best Kept Secret at Work



## What's the Secret?

Your employer knows that there are times when life and work can be stressful. That's why they have partnered with McLaughlin Young to provide you with an employee assistance program (EAP). An EAP is a company-sponsored benefit that offers the support and resources you need to address personal or work-related challenges and concerns. Best of all, it's free for you and your household.

## Reasons to Use

An EAP is designed to help with all kinds of life situations. Examples include, but are not limited to marital difficulties, family problems, parenting, stress, balancing work and family, relationship issues, work-related concerns, depression, alcohol and drug use/abuse, grief and loss, elder care, healthy living, and crisis events.

## You are Covered

McLaughlin Young offers you and your immediate household members unlimited access to:

- Free, confidential help with personal or work-related concerns
- Referrals to other sources for assistance
- 24-hour emergency coverage

## EAP is Confidential

Confidentiality is an essential part of the EAP. Your company will not know of your participation in the services nor have access to any information without your consent. The only exceptions are when someone's safety is in question.

## How our EAP Works

When you call the EAP, you are offered a needs assessment by an experienced, licensed counselor. If it is determined that the concern can be resolved through problem-solving sessions, the employee assistance professional will assist in resolution. If it is determined that a referral is needed for ongoing support, the EAP will connect you with the most cost-effective resources for care.

## How to Access

Simply call 800-633-3353 or 704-529-1428 to access the EAP. An employee assistance professional may assess your situation prior to scheduling an appointment to ensure that you are receiving the most appropriate care.