



## EAP Benefit Information



Our district's **EMPLOYEE ASSISTANCE PROGRAM (EAP)** is a *no cost benefit* provided to employees and their household dependents. This program provides *confidential* access to *solution-focused* counseling and personal coaching to help you manage life's stressors and challenging issues.

### Harbor EAP can help you be your personal best.

- Relationships & Family Communication
- Managing Stress and Change
- Coping with Grief and Loss
- Substance Abuse Cessation Support
- Managing Anxiety and/or Depression
- Life Transitions & Major Decisions
- Emotional Intelligence Skill Building
- Parenting / Child Behavior-Learning
- Balancing Work/Life Responsibilities
- Care Giver Challenges and Support
- Coping with Diagnosed Illness/Pain
- Goal Setting / Motivation / Action Plans
- Family Crisis and Referral Support
- Anger Management / Domestic Violence

### Your Harbor EAP benefit includes:

- ▶ **Confidential and Professional** brief counseling and coaching.
- ▶ Up to **3 no-cost sessions** per presenting issue(s), per program year.
- ▶ **24/7 Crisis Support** – professional guidance when you need it most.
- ▶ **Household Dependent Coverage** includes spouse/partner, unmarried child under age 26 living with employee.
- ▶ **Accessible Providers near work or home:** In-person, telephonic, and online tele-counseling options.

## Harbor Employee Assistance Program

**419-475-5338 or 800-422-5338**

**Solution-Focused Counseling, Coaching, Resource Referrals, 24/7 Crisis Support**

