

Leon County **EMPLOYEE ASSISTANCE PROGRAM**



Help dealing with life's challenges is just a phone call away.

Life can be challenging. We all experience times in our lives when personal and work-related problems become overwhelming. If left unresolved, these problems can interfere with your ability to function and your day-to-day performance may suffer. If you're facing a difficult situation, no matter how big or small, help is only a phone call away.

The Employee Assistance Program (EAP) is a confidential program that provides services to help employees privately resolve a wide range of problems that may arise and interfere with family, work, and other important areas of life. The EAP allows you the opportunity to meet with a professional counselor who will assist you in identifying the source of the problem and develop a plan to resolve or handle it.

The EAP can help you resolve a broad range of issues including:

- Relationship problems
- Family difficulties
- Stress
- Anxiety
- Alcohol/drug dependency
- Grief issues
- Financial struggles
- Legal matters
- Workplace issues
- Job relationships
- Emotional concerns
- Other personal or work/life balance issues or challenges.

The EAP is a benefit paid by Leon County. Should you and the EAP counselor decide that a referral to an outside provider is necessary, those costs will be your responsibility.

Services are always CONFIDENTIAL.

Private information is not reported when you choose to use the EAP to improve your life. There are times when Human Resources will direct you to contact the EAP through a formal referral and may request verification of attendance; however, your personal information is not disclosed.

What do I have to do to use the Employee Assistance Program?

Simply call **422-2000** for an appointment. It's free, easy, voluntary and strictly confidential.

If you have questions about your EAP benefit contact Genevieve Minnix, Employee Relations Manager at (850) 606-2400.

