

**HELP IS JUST A
PHONE CALL AWAY**

**Your employer does not know
you are calling us.**

716-488-1971

or

1-888-490-7674

Your EAP Provider



**Family Service
of the**

Chautauqua Region

www.fscrmentalhealth.com

*Our Mission: To strengthen the mental health and
well being of individuals, families and our community*

Professional & Confidential



We care about you and your family!



EMPLOYEE BENEFIT GUIDE

-What is an EAP?

**-What benefits
does my EAP
provide?**

**-How do I use my
EAP services?**

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EMPLOYEE ASSISTANCE PROGRAM



Helping you solve personal problems that trouble you or your family members.

WHAT IS AN EAP?

An Employee Assistance Program or EAP is an employee benefit offered by the employer and is intended to help employees and their families deal with issues that might adversely impact their work performance, health, and well being.

Just as health insurance is designed to address your physical health, your EAP benefit provides assistance for your emotional and mental health. Your employer recognizes how important this is and has covered the entire cost of services.

There is no cost to you.

The services are completely confidential. No one, including your employer, knows you are using them except you.



WHAT BENEFITS ARE AVAILABLE THROUGH MY EAP?

- COUNSELING
- BUDGET COUNSELING
- LEGAL CONSULTATION
- ELDER CARE SERVICES

HOW DOES IT WORK?

Getting the help you need is simple. All it takes is a phone call to your EAP Provider, Family Service of the Chautauqua Region

716-488-1971

or

1-888-490-7674

For more information about our agency go to
www.fscrmentalhealth.com

Problems are part of life. We all face them from time to time. Most of the time, we can handle them ourselves. But sometimes it makes more sense to reach out for help.

COUNSELING BENEFITS

Many situations are best resolved with counseling assistance from a professional behavioral health counselor. You will want to consider calling for counseling help if you encounter problems such as:

- Marital or Relationship Issues
- Family or Child-Related Problems
- Depression, Stress or Anxiety
- Grief or Loss of a Loved One
- Eating Disorders
- Substance Abuse
- Work Related Problems

DEBT PROBLEMS

Many families face issues relating to financial concerns. Budget counseling is available to help you get a financial plan in place.

LEGAL ISSUES

Legal advice from an attorney is also available for non work-related issues.

ELDER CARE SERVICES

Respite Services for your aging parent or relative.