

# REMEMBER, YOUR EMPLOYEE ASSISTANCE PROGRAM IS:

**CONFIDENTIAL:** When you seek help through the EAP on your own, you make the decisions. All information is between you and your counselor.

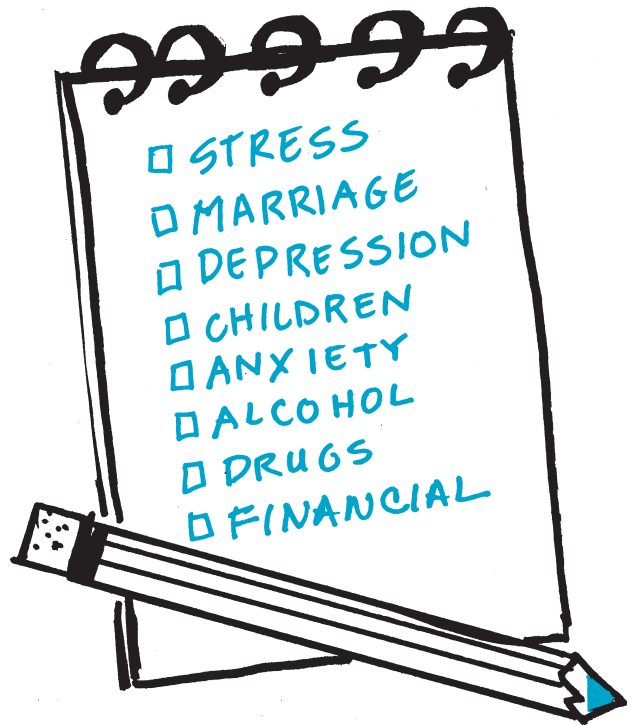
**INFORMAL:** A simple telephone call starts the process and there is no red tape.

**FREE:** Since the program is supported by your employer, there is no charge for EAP counseling services. If you are referred to another community services, the counselor will let you know the cost upfront. Many services will be covered by your insurance. Other services are based on your ability to pay, or are free. You and your counselor can work out what is best for you.

**LOCATION:** N.E. Georgia Employee Assistance Program is located in The Carson Center, 1435 Oglethorpe Avenue, Athens, Georgia 30606, just off the bypass (Loop 10).

Visit Us At Our Website  
[www.negeap.com](http://www.negeap.com)

# LIFE TOO CHALLENGING LATELY?



NORTHEAST GEORGIA

# Employee Assistance

PROGRAM

706-549-6658

OR OUTSIDE ATHENS, CALL 800-286-2207

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## EVERYONE HAS PERSONAL AND WORK CHALLENGES

They are just a part of life, but sometimes can be overwhelming.

They can begin to interfere with the way you think, feel, interact with your family, and do your job. Because there are challenges that are too big to handle alone, your employer provides Employee Assistance to you and immediate members of your family. Services of Employee Assistance Program (EAP) are professional, confidential, and free.

### WHAT CAN I BRING TO EAP?

Any situation that concerns you or a member of your family. Nothing is too big or too small. We can help you with things that are related to:

<i>Stress</i>	<i>Financial</i>
<i>Marriage</i>	<i>Alcohol</i>
<i>Family</i>	<i>Drugs</i>
<i>Children</i>	<i>Grief</i>
<i>Anxiety</i>	<i>Any other personal situation</i>
<i>Depression</i>	

### WHO WILL KNOW IF I GO TO EAP?

Be assured; every conversation you have with EAP will be completely confidential. No one will know about the issues you're working on



except the EAP counselor and you. The only exception relates to situations in which the persons seeking help present a serious threat to themselves or others. In that instance EAP is obligated to report such danger to the appropriate parties. Also, if you are referred to the EAP by your supervisor or manager, your employer may request that feedback be given on your EAP progress.

### WHAT WILL EAP DO?

The counselor will discuss your situation with you on a confidential basis and a decision will be made as to the best help for your situation. The counselor may provide short-term counseling or refer you to other sources of help. He or she can arrange an appointment and follow up to assure that you get the help you need.

### WHO DO I CALL FOR HELP OR FOR INFORMATION?

If you would like an appointment or further details call: 706-549-6658 (or outside of Athens call 800-286-2207) between 9 a.m. and 5 p.m., Monday through Friday. Appointments are arranged at your convenience.

FREE AND CONFIDENTIAL