



## Facts About Your Employee Assistance Program

**What is this benefit?** The Employee Assistance Program or “EAP” is a pre-paid benefit that provides **short-term counseling** and when needed, **referral services** to employees and their household members.

**Does it cost me anything?** Absolutely not. Not a penny. This special program is provided by the Massachusetts Education and Government Association Property and Casualty Group, Inc, (MEGA) our worker's compensation program. It is therefore a **free service** to you and your household members.

**Who Provides the EAP?** Our EAP services are provided through **The Wellness Corporation**, which has been offering help to employees working in a wide range of industries since 1984. The EAP is staffed by licensed counselors who respond quickly to your request for help in a **caring, respectful and confidential manner**.

**Why would I use the EAP?** At one time or another, life is difficult for all of us. The EAP counselor helps you to make good use of your own strengths so that you can cope when life gets confusing, upsetting or hard to handle. The EAP is a **voluntary program**. It's up to you whether you use it or not.

People seek **EAP counseling** for help with relationship difficulties, parent-child worries, work place issues, trauma, alcohol or drug use, domestic violence, or emotional distress... basically any concern, which is a barrier to their health and well-being. Many people consult the EAP just to be reassured that what they are experiencing is a typical response to a concern such as with job loss, divorce or the serious illness or death of a loved one.

The EAP does not replace or prevent you from accessing the mental health benefits of your own medical insurance.

If you are experiencing problems with credit card debt or other financial difficulties, the EAP can help you get started with **American Consumer Credit Counseling**. You will get help recovering your financial health, setting up emergency budgets, negotiating with creditors or considering the personal bankruptcy process.

If you have a legal question, the EAP will provide a lawyer for a **free telephone legal consultation and referral to a local attorney**. This attorney will offer you **legal services at a 25% discount on legal fees**. This has become a popular benefit and provides help with trusts, wills, small claims, divorce, custody and child support, consumer complaints and other personal legal issues.

**How often can I use the EAP?** You have a 1-5 session model EAP. In other words, you and your household members may have up to 5 sessions with an EAP clinician per problem, per year.

**Are these services confidential? Yes! No one will know you use the EAP unless you tell him or her.** Information you discuss with an EAP counselor remains private unless you sign a release of information, permitting the EAP to contact a specific person.

Only in rare instances does the law require a licensed counselor to notify an outside party. These situations occur when there is a serious threat to self or others or the abuse/neglect of a child, elder or disabled person.

**How do I contact the EAP?** You just need to call! To schedule an appointment, call **The Wellness Corporation's** toll-free number during regular business hours, Monday -Thursday 8:30 AM- 7 PM and Friday 8:30 AM-5 PM. **We are available 24 hours a day, including weekends and holidays for emergencies.**

**You're not alone. Call your EAP for the support, guidance and concern that you need when you are struggling with a problem. Call 1-800-828-6025.**