

# Employee Assistance Program

The County's EAP provides important services that are discussed in this brochure. If you have additional questions or wish to schedule an appointment, please call EAP at (408) 241-7772 M-F. NO DROP-INS PLEASE. BY APPOINTMENT ONLY.

## WHAT DOES EAP OFFER?

- Short-term counseling for County employees and their dependents
- Assessment and referral to appropriate community resources
- Informational Lending Library and Website

## DOES EAP HELP?

Many employees and dependents, even those who have never before met with a counselor, have found the EAP to be very helpful in dealing with normal life stressors.

## IS EAP CONFIDENTIAL?

Yes. Your contact with EAP is confidential except in these legally-mandated situations:

- Threat of harm to self or others
- Suspected abuse of a child, senior or disabled adult

## HOW DOES EAP WORK?

- EAP counseling is free
- Up to 5 sessions per calendar year
- Available to County employees, spouses/partners and dependents
- Supported by Labor and Management
- Individual, couple or family options
- Experienced licensed counselors (Marriage and Family Therapists)
- Private location, prompt scheduling
- Extended business hours available

## WHAT ARE SOME "NORMAL" PROBLEMS OF LIVING?

- Family and relationship problems
- Parenting and step-parenting
- Major transitions and decisions (marriage, new baby, divorce, relocation, job changes, retirement)
- Work-related issues
- Grief and loss: death of a loved one
- Alcohol or drug use/abuse
- Stress, anxiety or depression
- Communication problems and unresolved conflicts

## IS A REFERRAL NEEDED TO ACCESS THE EAP?

You may call for an appointment yourself. Or, a supervisor, manager, union steward or concerned other may refer you to EAP. In any event, your participation in EAP is strictly voluntary.

To schedule an appointment,  
please call EAP at (408) 241-7772  
Monday-Friday.  
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