

Your EAP Service.....

Did You Know?

I've heard a lot about "EAP." What is it?

The EAP (or Employee Assistance Program) is a benefit provided by your employer. It is a resource that's free for you, your spouse/significant other and your unmarried, dependent children (ages 11-26). We provide parenting counseling for child issues under age 11.

EAP provides 24/7 confidential access for **brief (short-term) solution focused counseling**, resources, and support for life issues. Short term counseling is effective for most work or life issues but is not appropriate for issues that require long-term on-going therapy such as chronic depression or substance abuse treatment. EAP does not provide psychiatric testing, medication management or court ordered counseling.

Your first session will be an assessment. If it is determined that your issue requires long term counseling, the provider will assist you with a referral to a provider through your insurance.

EAP can also help with a spectrum of daily living issues related to childcare, elder care, family, financial and legal concerns, education, housing and much more. The EAP is there to help you with the issues that matter to you and your family.

How much does it cost to use EAP?

The EAP service is separate from your medical insurance so there is no fee or co-pay when you use the EAP. The number of sessions you can receive through the short-term EAP service is determined by your employer's contract with Profile EAP.

How confidential is EAP?

Because Profile EAP is an independent provider of Employee Assistance, the use of their services is not communicated to your employer, or anyone else - unless you personally choose to disclose that information*.

*if you are a danger to yourself or others, or suspect child or elder abuse, your provider has a duty to inform and will notify proper authorities.

Profile EAP
1.800.645.6571

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