

EMPLOYEE ASSISTANCE RESOURCE GUIDE



ASSISTANCE FOR EMPLOYEES AND THEIR FAMILIES

<p>Telephone Call 800-992-1931</p> <p>Website www.carilionclinic.org/EAP</p> <p>Additional Services Call 800-992-1931</p>	<ul style="list-style-type: none"> • 24/7 Crisis line • Appointment Scheduling during business hours 8-5 EST using your face-to-face session benefit • Quick Telephone Consultation: To see if EAP can help • Employee consultations and counseling sessions • Local referrals to providers in your area • Access to helpful information on the EAP 'Employee and Families' page plus full access to the A-Z Health Library, Health Newsletters, and a Multimedia Room that has informational audios and videos. • Conflict Resolution • Critical Incident Stress Debriefings • Leadership, Performance and Life Coaching • Leadership Programs including Emotional Intelligence, DISC assessments and Team Building • Monthly Supervisory and Life Style Newsletters • A wide variety of training topics including: <ul style="list-style-type: none"> ○ Stress Management ○ Communication ○ Change Management ○ Working with Difficult People ○ Balancing Work and Family ○ Taking care of Elderly Parents 	<p>Remember, the EAP is not just for people in crisis, but also helps employees and their families with all of the everyday problems that we face in life. Carilion EAP can help with:</p> <ul style="list-style-type: none"> • Personality conflicts at home or on the job • Money management and financial problems • An adolescent who is using drugs or alcohol • Support in deciding on proper care for elderly parents • A child who has a behavioral problem at home or school • Anxiety or depression • Domestic violence • Feelings of being overwhelmed • Learning to be more assertive • Clarifying important life decisions and problem solving • Managing stress • Feelings of loneliness • Recognizing a substance abuse problem • Resources for marital counseling • Ways to improve your self-esteem • A gambling problem or internet addiction • Support when living with an abuser of alcohol or drugs • Help with learning positive communication skills • Adjusting to a divorce or separation • Conflicts with supervisors or co-workers
<p>Additional Management Services Call 800-992-1931</p>	<ul style="list-style-type: none"> • Consultation and referrals helping troubled employees or teams • Supervisory Skills, Sexual Harassment and Violence Prevention Training Programs • Drug-free workplace policy formulation and compliance 	