

EMPLOYEE ASSISTANCE RESOURCE GUIDE



| ASSISTANCE FOR EMPLOYEES AND THEIR FAMILIES | | |
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| Telephone Call 800-992-1931 | <ul style="list-style-type: none">24/7 Crisis lineAppointment Scheduling during business hours 8-5 EST using your face-to-face session benefitQuick Telephone Consultation: To see if EAP can helpEmployee consultations and counseling sessionsLocal referrals to providers in your area <ul style="list-style-type: none">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. | <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 jobMoney management and financial problemsAn adolescent who is using drugs or alcoholSupport in deciding on proper care for elderly parentsA child who has a behavioral problem at home or schoolAnxiety or depressionDomestic violenceFeelings of being overwhelmedLearning to be more assertiveClarifying important life decisions and problem solvingManaging stressFeelings of lonelinessRecognizing a substance abuse problemResources for marital counselingWays to improve your self-esteemA gambling problem or internet addictionSupport when living with an abuser of alcohol or drugsHelp with learning positive communication skillsAdjusting to a divorce or separationConflicts with supervisors or co-workers |
| Website www.carilionclinic.org/EAP | | |
| Additional Services Call 800-992-1931 | <ul style="list-style-type: none">Conflict ResolutionCritical Incident Stress DebriefingsLeadership, Performance and Life CoachingLeadership Programs including Emotional Intelligence, DISC assessments and Team BuildingMonthly Supervisory and Life Style NewslettersA wide variety of training topics including:<ul style="list-style-type: none">Stress ManagementCommunicationChange ManagementWorking with Difficult PeopleBalancing Work and FamilyTaking care of Elderly Parents | |
| Additional Management Services Call 800-992-1931 | <ul style="list-style-type: none">Consultation and referrals helping troubled employees or teamsSupervisory Skills, Sexual Harassment and Violence Prevention Training ProgramsDrug-free workplace policy formulation and compliance | |