

ABOUT US



Employee Assistance

Your Resource for Solutions

Mission Statement

To promote, establish and increase quality of life, good health and personal experiences. Our goal is to work in collaboration with employees, family members and retirees to restore and or initiate *well-being* in work and life.

Our focus is one of *well-being*; we focus on the whole person. Our services are designed to assist those we serve in **Identifying** and **Resolving** personal concerns, problems/issues. We use a preventative solution focus approach by offering: education, information, resources and skills.

We offer:

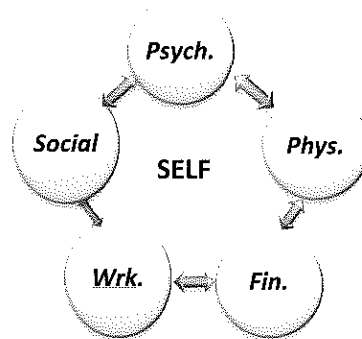
***Safe, Supportive Confidential Environment** where someone can come, get necessary help without any hassles, stigmatizations or judgment.

***Counseling** and **Supportive Services** by providing a comprehensive range of solutions.

You can access information by phone or our website.

Well-Being

Well-being integrates physical, mental health and whole life experiences resulting in a more holistic approach; it includes the presence of positive emotions and moods, satisfaction with life, fulfillment and positive functioning.



-Psychological- Positive emotions and resilience

-Physical- Health promotion, disease management

-Financial- Becoming literate in all things financial

-Work- Central to adult identification, human development, and functioning

-Social- Quality of relationships / networking

Proactive

Our focus is on prevention. We apply a proactive solution focus approach by providing education, information, and skills. We have numerous resources on our website; resource links by category, employee newsletters, stress in the workplace etc.

Stress

Usually employees contact us when conditions and relationships in one area of their lives (work) begin to impact them in other ways (life outside of work, home). These two interconnect causing **Spillover**, which can lead to **Stress**. When most employees contact us they identify the number one issue as stress, and we help them.

-Identify Options: from those options we help them...

-Select Choices: there are always choices no matter what.

-Level of Support: we express how important having a support network is, close friends and family.

-Normalize: it's normal for us as human beings to experience stress. It's a normal body reaction.

*Source: <http://www.cdc.gov/hrqol/wellbeing.htm>
EAPA: <http://www.eapassn.org>