



# 4 WAYS TO USE THE EAP

Solutions Online: [www.solutions-eap.com](http://www.solutions-eap.com)

## *In-person Counseling:*

# 1

- ◆ This is the heart of the EAP service. All you need to do is to call to make an appointment with one of our experienced Masters level counselors.
- ◆ We have a variety of convenient appointment times to meet your schedule. Usually, you won't have to wait more than a few days for an appointment.
- ◆ Our offices are in many convenient locations.

## *LIFETips, PARENTips, STRESStips & GRIEFtips*

# 2

- ◆ Simply give us a call with whatever request you have. You don't need to come in to meet with a counselor.
- ◆ We can send you information on Parenting, Stress, Alcohol & other Drugs, Budgeting, Bereavement or most any other topic.
- ◆ Call or go online to receive one of our faxback checklists.

## *Employee Workshops & Group Sessions:*

# 3

- ◆ Look for our workshops provided by your employer on a variety of topics, including Stress, Transitions, Parenting, Budgeting, Conflict and more.
- ◆ Sometimes a team is affected by a traumatic incident or a significant change at work, including restructuring, mergers or lay-offs.
- ◆ The EAP can conduct group sessions or debriefings that will help team members to process the event together and recover more quickly.

## *Telephone Consultation*

# 4

- ◆ For less complicated life situations you may speak to an EAP Counselor by phone.
- ◆ Call during business hours, Monday – Friday, 8:00 – 4:30 to arrange a time to talk. If a counselor is not available at that time, we will schedule a time that's good for you.
- ◆ Phone sessions may last up to 45 minutes.

- *Family members are welcome to use the EAP.*
- *EAP helps with all types of concerns.*
- *EAP is CONFIDENTIAL*
- *EAP records are informal and no one has access to them.*
- *EAP is FREE*

**Call the EAP for *free & confidential* counseling and referral:**

**1-800-526-3485**

Solutions is a program of  
Behavioral Health Connecticut