

Connecting with EAP

Over the phone

Simply call **1.800.624.2593** to speak to a member of our staff. Private, telephonic or face-to-face sessions are available for personalized assistance and solution focused counseling. If needed, an EAP clinician can help you secure long-term services. Your health insurance will often cover such care.

Online

Visit **www.nationaleap.com** and click on the member login to access thousands of articles on work-life issues, participate in web-based skill building programs, and take advantage of our comprehensive resource and referral database.



Confidential
Counseling

&

Work/Life
Services



— Established in 1982 —

www.nationaleap.com
mailbox@nationaleap.com
1-800-624-2593



Your Employee Assistance Program

National EAP is a resource for employees/members experiencing work/life issues that may interfere with their overall health and productivity. Members of National EAP can rely on confidential counseling & work/life services to help address a variety of needs, including:

- Alcohol & Substance Abuse
- Conflict with Peers/Management
- Workplace Performance Issues
- Grief & Loss
- Debt & Credit Concerns
- Parenting Difficulties
- Identity Theft
- Crisis Management
- Anxiety & Depression
- Balancing Work & Family Concerns
- Domestic Violence
- Physical & Mental Illness
- Gambling, Internet & Other Addictions
- Marital & Family Relationships
- Legal & Financial Problems
- Childcare & Eldercare Concerns
- Stress Management
- Adoption

All EAP Services have been pre-paid by your organization and are extended to members of your immediate household.

What members are saying about National EAP:

"I thought the services were great. Everyone was very courteous & professional & helped me when I needed someone to listen."

"As part of my company's healthcare package, National EAP has been invaluable in my life and a fine example of how my employer has taken care of me during a period of struggle."

Confidentiality

Your confidentiality is our utmost concern. No one will know when you call National EAP, unless you choose to tell them. Personal information cannot be given to your employer, union or anyone else without your permission.

National EAP abides by all state and federal laws governing confidentiality. When there is a threat to self or others, or a child is at risk of abuse or neglect, the law may require the situation be reported to the appropriate authorities.

