



Employee Assistance Program

Presented by:
Mailyn Jeffries, SPHR
Amanda Corcoran, PHR



There is no problem too big or too small.

Overview:

What is an EAP?

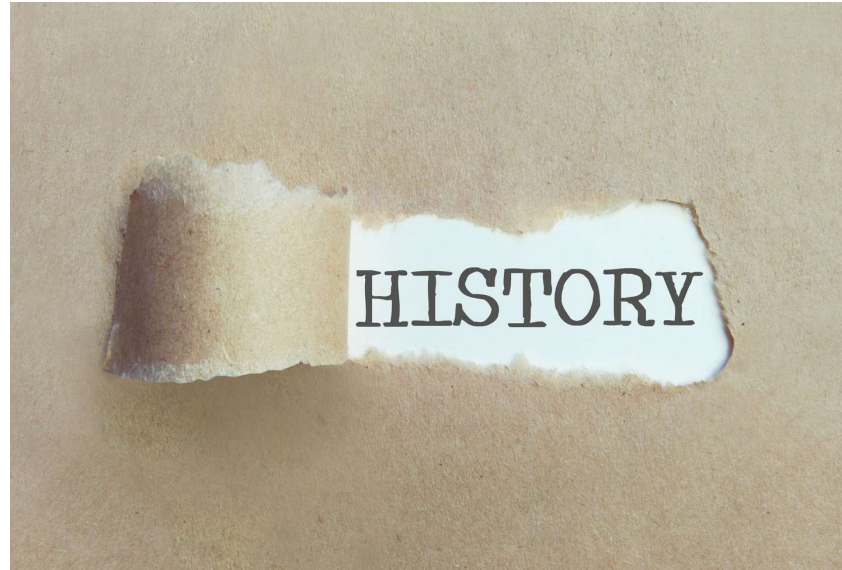
- Purpose
- History
- Myths

County Programs

- GuidanceResources
- Teledoc Mental Health
- Additional Resources

What is EAP?

An employee assistance program is a FREE, confidential, voluntary program that offers counseling, self-improvement tools and solutions for everyday issues impacting employees personal and work-life.

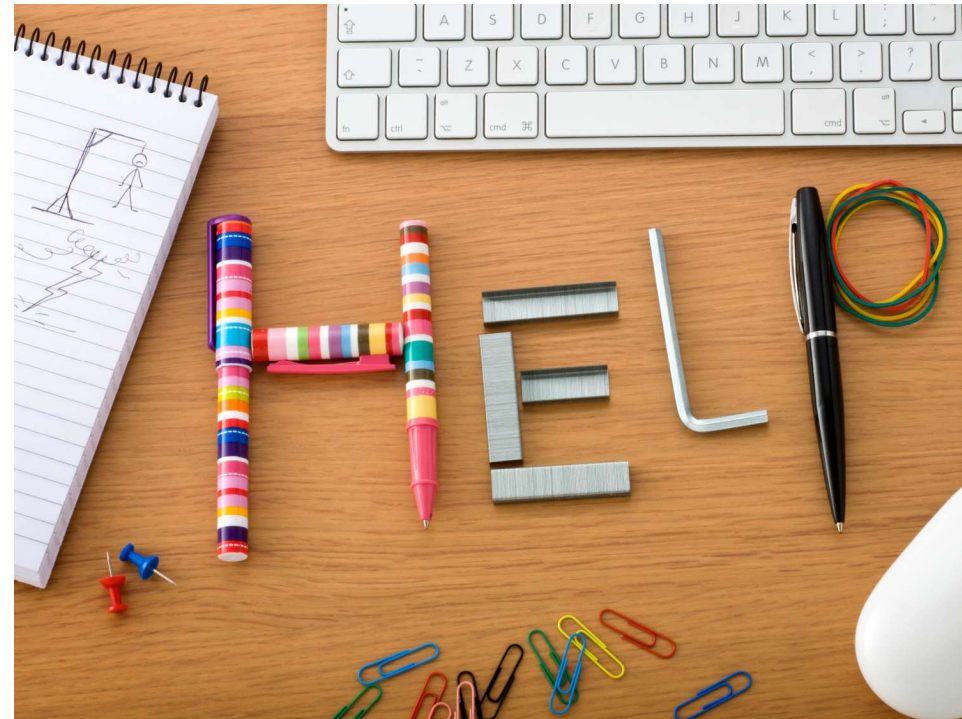


EAP Origin: In the 1930's EAP's were formed from the Occupational Alcoholism program as a response to alcohol abuse and work-related incidents. EAP programs became more robust in the early 80's.

GuidanceResources

GuidanceResources is a service of ComPsych Corporation. Employees and their immediate family members can utilize the EAP for:

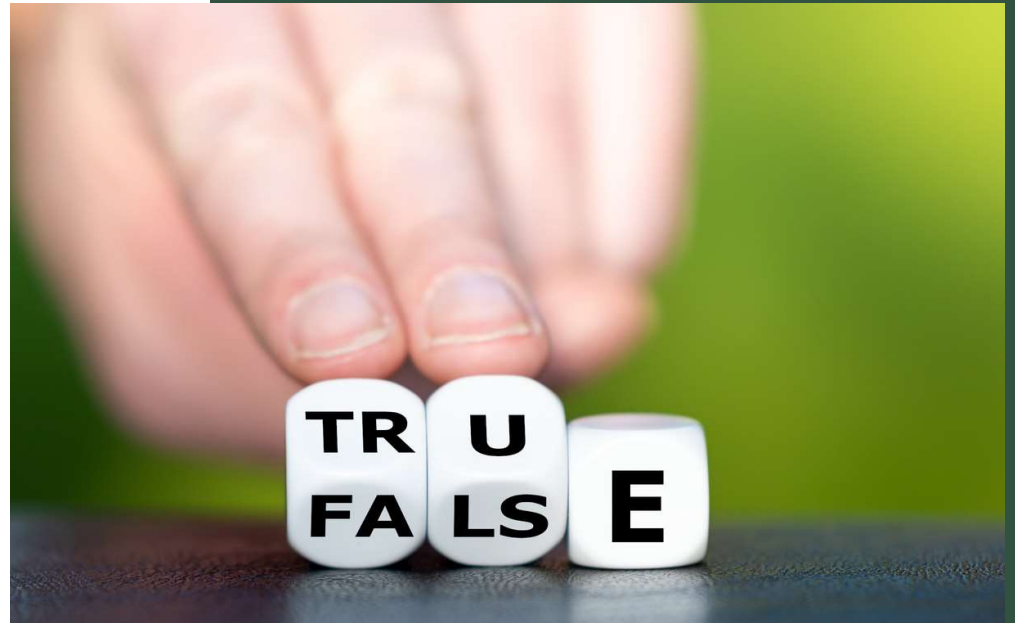
- **Addiction**
- **Attorney , Child Care, Elder Care Search**
- **Confidential Counseling**
- **Estate Guidance & Will Prep**
- **Financial Planning (including taxes)**
- **Manager Guidance**
- **Marriage & Relationships**
- **On -Demand Training**
- **Wellness & Much More**



An employee assistance program can be a lifeline during turbulent times.

Myths about EAP

- **My employer will know I utilized the EAP.**
- **The EAP only offers counseling services.**
- **EAP counselors are not licensed.**
- **EAP services are only for employees.**





Currently 3 visits per life event



Beginning July 1, 2024
6 visits per event

GuidanceResources

Contact Information:

833-955-3396

800.697.0353

Online: guidanceresources.com

App: GuidanceNow

Web ID: MPR3



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Teledoc Mental Health Services

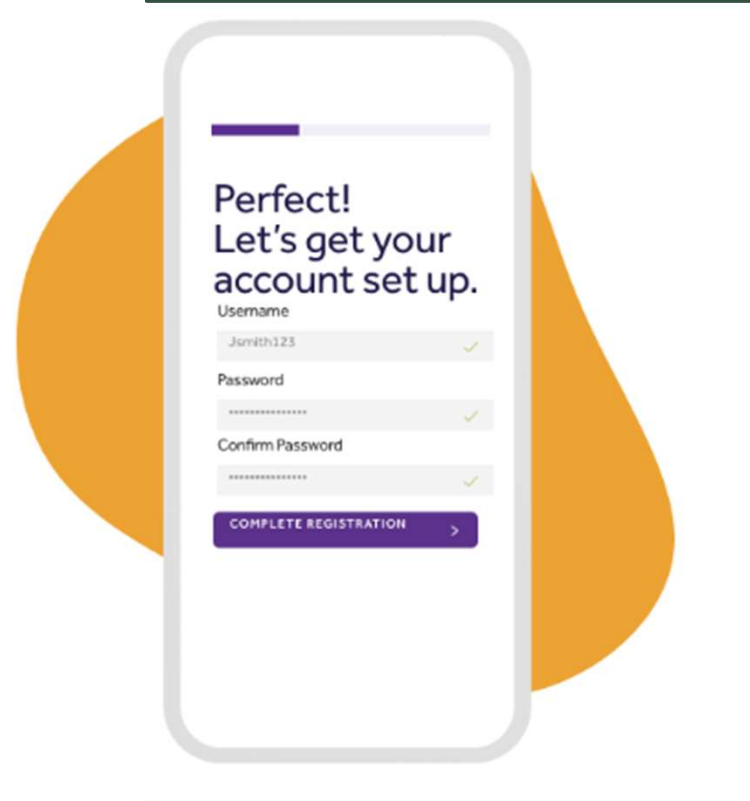
**Virtual counseling from psychologist
and therapist that fits employee
needs 7 days a week. First
appointment as quickly as 10 days.**

Online therapist can help with:

- Anxiety, stress, feeling overwhelmed
- Negative thought patterns
- Depression
- Relationship conflicts
- Trauma and PTSD
- Mood swings
- Medication management (Psychiatry only)

How to access care:

- 1: Set up account and fill out brief medical history.
- 2: Choose therapist.
- 3: Pick preferred dates and times.
- 4: Meet with chosen expert.





Additional Resources

Burrell Behavioral Health

Eustasis Psychiatric & Addiction Health

Findhelp.org

Mutual of Omaha EAP - 3 visits

988 Suicide & Crisis Hotline

Questions

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