

### **Some Problems Just Can't Be Solved Alone**

We all need help sometimes. Relationships are tested, children act out, parents become ill, plans fail and emotions take on a life of their own. Recognizing that we may need help in these situations is the first and most important step to solving our problems. All too often, we don't know where to turn for assistance.

Your employer recognizes that any problem affecting your well being and happiness also affects your job performance and satisfaction. Employee Assistance Center (EAC) is a resource available to help.

EAC provides confidential assistance to you and your household members when personal issues are affecting your quality of life and/or job performance.

Our goal is to help you and your family lead a fuller and more productive life.



### **How Do I Access EAC?**

It's easy to get the help you need. Just call 1.800.227.0905 to access convenient, professional and confidential assistance-24 hours a day, seven days a week.



### **How Much Does It Cost?**

Your employer pays for a specific number of sessions with EAC for you and your household members per year. Contact EAC to determine how many sessions are covered. If further counseling or other treatment outside of EAC is needed, your counselor will assist you with an appropriate referral.

### **Is EAC Voluntary?**

Yes, EAC is voluntary unless your employer requires you to attend as a condition of continued employment. At times, a supervisor may suggest using the program as a helpful resource.

### **Will Using EAC Jeopardize My Job?**

No, we're here to help you do your job as effectively as possible, so you can become even more valuable to your employer.

### **Is EAC Confidential?**

Yes, EAC is a strictly confidential service. No information, written or verbal, is given to your employer or anyone else without your written consent.

### **A Wide Area of Expertise**

EAC is available to help you and your household members address problems and manage the demands of work and home life. We can help with a wide variety of issues such as:

- Personal Problems
- Depression
- Family Relationships
- Alcohol/Drug Problems
- Stress and Anxiety
- Anger Management
- Domestic Violence
- Eldercare and Aging Concerns
- Grief and Loss Issues
- Financial Counseling Referrals
- Legal Referrals
- Child Care Referrals

Your EAC counselor will help you:

- Identify and better understand the issues that cause you to seek assistance
- Develop options and explore ways of addressing the problems
- Decide on a course of action



## A Benefit for You

### What Others Say About EAC:

"The counselor was professional, courteous, and genuinely interested in assisting me." - EAC client

"Services were above and beyond my expectations." EAC Client

"EAC is not only an added benefit at our company, but a necessity in helping maintain employee productivity and satisfaction." - Human Resources Director



### Visit our Work/Life Website

The Work/Life website is a dynamic online resource for employees and their families to obtain expert advice and support.

- Go to [www.eacworklife.com](http://www.eacworklife.com)
- Enter the name of your employer into the "Username" box. If you have questions about your username, please contact EAC at 1.800.227.0905.



1.800.227.0905



### We Are Where You Need Us

Employee Assistance Center (EAC) has been helping employers and employees since 1979. Our main offices are located in:

- Grand Rapids, MI
- Grandville, MI
- Grand Haven, MI
- Holland, MI

Additional offices are available throughout the nation.

Contact us today and we can arrange a convenient location for you.

### We're Here to Help

1.800.227.0905

[www.eaccares.com](http://www.eaccares.com)

Client Login:  
[www.eacworklife.com](http://www.eacworklife.com)

# Improving Lives... at Work and at Home

