

Participating EAP Providers

To schedule an EAP appointment, call a participating provider location directly.

IMPORTANT - When you call the office of your choice, please say that you would like to use your EAP benefits through WellSpan EAP.

For an expanded listing of provider locations with physical addresses, please visit us on the web at WellSpan.org/EAP.

For additional assistance, please call us toll-free at 1-800-673-2514 and our staff will be happy to assist you.

South Central Pennsylvania Region

<b>Adams County</b>	<b>Berks County - continued</b>
WellSpan Philhaven Gettysburg, (717) 339-2710	Pennsylvania Counseling Services Reading, (855) 272-1653
Brylon Counseling & Consulting Services, LLC Gettysburg, (717) 817-1093	<b>Cumberland County</b>
Heritage Behavioral Health Counseling Gettysburg, (717) 359-8596	Alcove Counseling Services Mechanicsburg, (717) 691-1090
Lori Dilling-Miley, MA New Oxford, (717) 624-1334	Behavioral Healthcare Consultants Lemoyne, (800) 535-4803
Pennsylvania Counseling Services Gettysburg, (855) 272-1653	Cumberland Valley Counseling Associates Carlisle, (717) 243-1511
TrueNorth Wellness Services Gettysburg, (717) 632-4900	Franco Psychological Associates, PC Carlisle, (717) 243-1896
<b>Berks County</b>	Guidance Associates of PA Camp Hill, (717) 732-2917
Berks Counseling Associates Wyomissing, (610) 373-7005	Leedy/Abbey Counseling Services, LLC Camp Hill & Carlisle, (717) 241-2345
Emotional Wellness Reading, (610) 779-7272	Mock Mays Associates Carlisle, (717) 258-0214
Family Guidance Center Wyomissing, (610) 374-4963	Pennsylvania Counseling Services Carlisle & Mechanicsburg, (855) 272-1653
Glad Services Counseling & Coaching Center Wyomissing, (610) 678-7300	

<b>Dauphin County</b>	<b>Lancaster County</b>
Cornerstone Counseling Harrisburg, (717) 671-9520	WellSpan Philhaven East Petersburg, Elizabethtown, Ephrata & Lancaster, (800) 527-2322
Guidance Associates of PA Hershey, (717) 732-2917	Behavioral Healthcare Consultants Lancaster & Lititz, (800) 535-4803
Mindful Counseling Services Hershey, (717) 599-9044	Carol Gingerich, LCSW Lancaster & Leola, (717) 330-7902
Pennsylvania Counseling Services Harrisburg, (855) 272-1653	Clarity In Your Life, LLC Akron, (717) 799-3963
Pressley Ridge Harrisburg, (717) 845-6624	Jordan Counseling Services Leola, (717) 207-9846
Rogers Counseling Services Harrisburg, (717) 645-5233	New Life Psychological Services Ephrata & Elizabethtown (717) 606-7652
TrueNorth Wellness Services Harrisburg, (717) 632-4900	Pennsylvania Counseling Services East Petersburg & Lancaster, (855) 272-1653
T.W. Ponessa & Associates Harrisburg, (800) 437-5405	Providence Behavioral Health Lancaster, (717) 397-1400
<b>Franklin County</b>	Psychological Associates of Lancaster Lancaster, (717) 569-8511
Cumberland Franklin Counseling Services, LLC Shippensburg, (717) 532-2196	River of Hope Ephrata, (717) 274-3950
Franklin Family Services Chambersburg, (717) 267-1515	Rost & Associates Lancaster, (717) 392-8077
Greencastle Family Practice Counseling & Psychology Greencastle, (717) 597-0095	Rothsville Counseling Lititz, (717) 627-5133
Laurel Life Services Chambersburg, (717) 261-9833	Samaritan Counseling Center Lancaster, (717) 560-9969
Pathways Counseling Services, LLC Chambersburg, (717) 263-7758	T.W. Ponessa & Associates Lancaster, (800) 437-5405
Pennsylvania Counseling Services Chambersburg, (855) 272-1653	
SpiriTrust Lutheran Counseling Services Chambersburg, (717) 263-9093	

Weigel Counseling Associates  
Lititz, Lancaster & Willow Street, (717) 464-1450

<b>Lebanon County</b>	<b>York County - (continued)</b>
WellSpan Philhaven Lebanon & Mt. Gretna, (800) 527-2322	Hanover Family Practice Associates Hanover, (717) 637-7812
Chris Taylor, LCSW Lebanon, (717) 273-1341	Healing Hearts Counseling Center, LLC Hanover, (717) 969-8894
Cobys Family Services Palmyra, (800) 452-6517	Pressley Ridge York, (717) 845-6624
Debra Gray-Felty Lebanon, (717) 272-8922	Psychological Associates of PA York, (717) 755-0921
Pennsylvania Counseling Services Lebanon, (855) 272-1653	Richard Carlson Ph.D. Hanover, (717) 632-3886
River of Hope Lebanon, (717) 274-3950	Ronald Barrick LPC, SAP Hanover, (717) 451-7826
Susan Farnsworth, LPC, SAP Fredericksburg, (717) 926-7775	Rost & Associates York, (717) 843-6561
T.W. Ponessa & Associates Lebanon, (800) 437-5405	The Center for Creative Arts & Play Therapy, LLC York, (717) 741-0000
<b>York County</b>	TrueNorth Wellness Services Hanover, York & Shrewsbury, (717) 632-4900
WellSpan Philhaven York, (717) 851-6340 New Freedom, (717) 812-2560	T.W. Ponessa & Associates York, (800) 437-5405
Arrow Counseling Services York, (717) 755-0011	Yorlan Psychological Associates, LLC York, (717) 885-0503
Behavioral Healthcare Consultants, P.C. York, (800) 535-4803	
Cognitive Health Solutions, LLC Hanover, (717) 632-8400 York, (717) 747-3659	

Visit WellSpan.org/EAP  
or call 1-800-673-2514 for more information.



Employee Assistance Program

Depression, Family Challenges, Stress, Anxiety, Self Esteem, Alcohol/Drugs, Relationship Issues, Grief & Loss, Other Personal Issues



Life happens. We can help.

We all struggle from time to time with problems resulting from life's demands and pressures. Some issues can be solved alone; others require help. These problems can affect our emotional well-being, job performance, home life and health.

WellSpan EAP is a confidential and voluntary program that provides face-to-face assessment, short-term counseling, referral and follow-up services. Care is designed so that employees and their dependent family members can seek help without worrying that someone at work will find out about their problem.

WellSpan EAP provides confidential, professional care to help individuals identify and resolve personal and workplace issues. Life happens. We can help.

Your Needs

We work with you to address whatever issues you wish to discuss. Some of the more common problems include, but are not limited to:

- Addictions
- Alcohol and drug use
- Anxiety
- Conflict with others
- Critical incident stress
- Depression
- Family & child issues
- Grief and loss
- Health
- Life transitions
- Managing change
- Marital & relationship conflict
- Self-esteem
- Sexual and physical abuse
- Stress
- Work and career

Services

Our licensed professionals offer expert care in a compassionate environment, respectful of your needs. Your privacy is protected by strict confidentiality laws as well as professional ethical standards. Details of your participation and your discussions with EAP cannot be released to anyone without your written consent, except in extreme cases where you represent a danger to yourself or others.

The EAP is free. It's a prepaid benefit purchased by your employer. There are no charges for employees or their dependents utilizing EAP sessions covered under an employer's plan. You are automatically enrolled in the program.

Ongoing Care

WellSpan EAP does not require authorization for services, however if the provider asks for an authorization number please have the provider call WellSpan EAP directly.

For many people, a few visits with an EAP counselor are enough to identify and resolve a problem. For others, additional services may be recommended.

The EAP counselor will provide you with services or refer you to community resources that fit your treatment needs, your insurance plan and any special circumstances.

WellSpan EAP also offers more than just counseling services. Visit our web site for free online resources, health and wellness information and an expanded provider listing at WellSpan.org/EAP.

Reach Out

- When day-to-day issues begin to affect your happiness and well-being
- When the problem consumes all of your thoughts and energy
- When the problem disturbs your sleep and/or appetite
- When your friends say you need help
- When it's hard to focus on your job
- When you know you have a problem but don't know where to get help

Questions

If you have any feedback or questions regarding the EAP or you experience any customer service issues, please contact us!

Please call our customer service team at 1-800-673-2514, Monday through Friday, 7:30 a.m. - 4:30 p.m. (EST).



Appointments

To request WellSpan EAP services in your area, please call the participating office location that is most convenient for you. Some locations are listed in this brochure. A complete listing is available online through our provider search tool at WellSpan.org/EAP.

Office hours vary by provider and location. Many providers offer evening hours during the week. Your provider's office will work with you to find an appointment time that meets your needs.

If you need assistance, call 1-800-673-2514 and our staff will be happy to assist you.

Emergency services are available 24 hours a day, seven days a week. Individuals in crisis can call our crisis intervention hotline toll-free at 1-800-673-2496 to speak directly with a crisis counselor.

Information to Share

Please say you want to use your employee assistance program benefit through WellSpan EAP when calling for an appointment.

You do not need medical insurance to use your WellSpan EAP benefit. However, if you do have medical insurance you will be asked for your insurance information. This will enable you to be scheduled with a provider who accepts your plan if you decide to continue with counseling after using your free EAP sessions.

- You will also be asked to provide:
- Your name, address and phone number
  - A description of your problem/issue
  - The name of employer providing this benefit

Be assured that this information will be kept confidential. No one, including your employer, will be informed that you contacted us.