



# Employee Assistance Program (EAP)

**More than 90% of employees agree that their mental health and personal problems spill over into their professional lives and have a direct impact on their job performance.**

On any given day, 22% of the U.S. workforce is impacted by personal problems that can hurt their wellbeing and affect productivity. Your employees and their families are not exempt. As personal problems compound, they impact your organization's bottom line in the forms of absenteeism, low morale, and productivity, workplace accidents – and naturally, higher healthcare and worker's compensation costs.

## **Proven track record**

WellSpan EAP provides business leaders like you with services and resources that meet the complex personal needs of your employees and the emerging professional needs of your workforce.

As the largest provider of EAP services in our region, WellSpan EAP consistently earns the highest ratings for service, treatment, and overall quality from the employers and individuals we serve. We adhere to stringent internal and external quality assurance standards.

## **Locally focused with national capabilities**

WellSpan EAP is a local, not-for-profit organization serving more than 100,000 individuals in south central Pennsylvania and throughout the United States. We have a proven track record in supporting your employee's needs, wherever they may be located.

## **EAP services include:**

### **Professional, confidential counseling**

Employees and their dependent family members can seek the solution-focused help they need from a credentialed therapist – with no out-of-pocket expenses. Our professionals help people deal with challenges such as depression, relationship problems, substance abuse, anxiety, stress, and many other issues that affect their lives and their ability to focus on work. Individuals can access the EAP or our crisis services 24-hours a day.

Meeting the complex personal needs of your employees and the emerging professional needs of your workplace.

### **Comprehensive training and staff development programs**

WellSpan EAP works directly with you to develop and deliver customized programs that meet the unique needs of your employees. Furthermore, we can assist you with policy development regarding issues such as substance abuse, sexual harassment, and workplace violence. Our web-based supervisor training helps key personnel learn effective ways to deal with employee problems.

## **Worksite response to traumatic incidents**

At some point in time, a traumatic workplace event will likely affect your employees. If you need assistance, WellSpan EAP will be there for you. Those not physically injured may still suffer from mental and emotional trauma that result from acts of violence, workplace injuries, the death of a co-worker, natural disasters, layoffs, or other traumatic events. With 24/7 availability, WellSpan EAP's team of experienced responders provide the critical incident stress management your organization needs to work through the event and get back to business.

## **To learn more**

For more information about how WellSpan Employee Assistance Program can address your organizations and employee's health management needs, contact us at 1-800-673-2514 or visit [www.WellSpan.org/EAP](http://www.WellSpan.org/EAP).