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HUMAN RESOURCES CONSULTING
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Employee Assistance Programs (EAPs)

Employee productivity is important for any business' success, but sometimes employees are too overwhelmed by personal or behavioral problems to perform at their highest level. High stress, psychological problems, substance abuse, legal troubles and other personal issues can lead to lower productivity and focus during work, increased absenteeism and higher health care costs. An employee assistance program (EAP) can address these issues and help you tend to your personal needs.

What Is an EAP?

An employee assistance program is an employer-sponsored program that offers services to help you deal with personal problems. EAPs can help reduce your health care and disability claims, increase your productivity and morale and lower absenteeism.

What Do EAPs Cover?

EAPs can vary from employer to employer, but most have common elements. Some programs are limited and stick to alcohol and drug abuse, but many programs offer expanded services that address a variety of areas. Typical issues addressed include the following:

- Alcohol or substance abuse
- Smoking cessation
- Divorce/marital problems
- Stress management
- Crisis intervention
- Childcare
- Eldercare
- Eating disorders
- Gambling addiction
- Psychological or psychiatric problems
- Financial problems
- Legal problems

We are committed to the health and well-being of our staff. If you are struggling with a personal issue, our EAP can help you tackle issues before they become more serious and difficult to manage. For more information about the program or how to get started, please contact the human resources department.

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