



### **Employee Assistance Program**

8550 Naab Road

Suite 100

Indianapolis, IN 46260

† 317-338-4900

† 1-800-544-9412

We have multiple locations  
throughout the metropolitan area.

© Ascension 2019. All images, photos, text and other materials are subject to copyrights owned by Ascension, or other individuals or entities which are used with their permission, and are protected by United States copyright laws. Any reproduction, retransmission, distribution or republication of all or part of any images, photos, text, and other materials is expressly prohibited without the express written approval and under the approved format of Ascension. 522531

# **Employee Assistance Program**



We all face personal challenges such as:

- Work stress
- Emotional distress
- Alcohol and drug abuse
- Marital and family conflicts
- Financial or legal problems

That's why we offer an Employee Assistance Program (EAP). The service can help you deal with problems before they become too large for you to handle, and before your personal life and/or your job performance begin to suffer.

### **What is an Employee Assistance Program?**

An Employee Assistance Program is a counseling and referral service, designed to assist employees and their families in overcoming personal problems. EAP counselors are trained to deal with a wide variety of employee problems. They will offer you professional support and direction toward resolving the problem.

St. Vincent has been selected as the provider of our EAP. St. Vincent EAP, a program offered by St. Vincent Stress Center, is staffed with professional counselors committed to providing you with services of the highest quality. A network of counselors has been developed to make this service as convenient as possible.



### **Who can use the EAP?**

- Employees and eligible family members

### **What services does the EAP offer ?**

- Identification/evaluation of problems
- Short-term counseling
- 24-hour crisis phone line
- Educational workshops/seminars
- Referral to other resources, when indicated:
  - self-help groups
  - physicians
  - specialized treatment services
  - orientation and response to critical incident

### **Are my contacts with the EAP confidential?**

In providing services, EAP's professionally-trained counselors maintain confidentiality. EAP complies with all state and federal laws regarding confidentiality.

### **Will I be charged for EAP services?**

The services of EAP are an employee benefit. You and your family members who use the program do so at no cost.

If you and your counselor decide that additional services are required by an outside resource, you will be responsible for any costs not covered by insurance.

### **How do I contact the EAP?**

To schedule an appointment or find out more information about locations and office hours, call St. Vincent EAP at **317-338-4900** or **1-800-544-9412**.