WHAT CAN YOUR EAP DO FOR YOU?
AN INTRODUCTION TO COMPEAP
At times we all experience challenges at work or at home that affect our well-being and make it difficult to concentrate on our daily tasks.
CO M P R E H E N S I V E  E A P  C A N  H E L P
WHAT ARE SOME OF THE REASONS PEOPLE CONTACT THE EAP?
People contact the EAP for a variety of reasons including:

- Emotional problems
- Work Stress
- Marital or family conflict
- Drug or alcohol problems
- Sleep Problems
- Caregiving responsibilities
- Legal or financial problems
Comprehensive EAP short-term counseling and referral services are:

- Assessment with a qualified EAP counselor
- Short term, face to face counseling or telephonic
- Referrals to community resources as needed
Comprehensive EAP short-term counseling and referral services are:

- Confidential
- Available around the clock every day of the year
- Free to employees and their covered dependents
Are the services really confidential?

*Your contact with the EAP is confidential to the fullest degree provided by law.*

Your employer is never notified of your involvement with the EAP without your written permission.

*Confidentiality does not extend to cases of child or elder abuse, if you are a threat to yourself or others; or if you are under a court order.*
Are there other services offered through the EAP besides counseling? Yes!
Legal and Financial Support

- Free consultation with attorneys on civil or criminal matters with discounted fees for ongoing legal services
- Free consultation with financial specialists regarding budgeting, credit, financial planning and more
- Assistance with ID theft and recovery
- Comprehensive online resources to include full library of legal and financial articles, downloadable legal forms, and a variety of financial calculators
Childcare Resource and Referral

- Referrals to local care providers to include family child care, day care centers, nannies and babysitters
- Back-up care options
- Camps, schools, tutors, recreational activities, and more
- An online, comprehensive library of articles and tip sheets on every aspect of raising children
Eldercare Resource and Referral

• Referrals to local care providers to include housing options, day care, in-home care, and respite care

• Referrals to community resources such as meal programs and transportation

• Referrals to caregiver support groups

• An online, comprehensive library of articles and tip sheets on every aspect of elder caregiving, successful aging, adjusting to retirement, and senior health concern
Sleep Coaching

The Comprehensive EAP Sleep coaching program provides personal, telephonic sessions that will get you on the road to better sleep, enhanced health and increased energy.

• A sleep assessment and evaluation questionnaire that will help you and your coach better understand your sleep

• Educational materials that enhance the sleep improvement process

• Up to 3 private telephone consultations with a sleep educator and coach
Daily Living Resource and Referral

- Referrals to assist with daily living such as home maintenance, pet care, travel, dining and entertainment
- Referrals to community resources such as churches, government office, recreation facilities, and volunteer opportunities
- An online library of resources to include articles and tip sheets on home repair, disaster preparedness, travel, holiday planning, and more
Wellness Coaching

- Unlimited, customized telephonic wellness coaching available to all employees.

- Together, individuals and coaches commonly design wellness plans around the following:
  - Weight management
  - Nutrition
  - Tobacco cessation
  - Fitness and exercise
  - Stress management
  - Overall lifestyle improvement
Nursing Mother Assist

- Unlimited telephonic consultation with a Certified Lactation Specialist
- Prenatal consultation about what to expect and tips for getting started breastfeeding
- Troubleshooting breastfeeding problems in the early days, or as baby ages and patterns change
- Answering questions about milk production, baby’s weight gain, and when to contact your doctor
- Advice on preparing to return to work and questions about pumping
Connect With Us!

**Phone:** Call us at **800-344-1011**. A professional counselor will always answer your call and be available for immediate consultation.

**E-mail:** Contact us at [info@compeap.com](mailto:info@compeap.com)

**Facebook:** Like us to receive useful information on stress, health, working, wellness and parenting. In addition we post company announcements, notices of new services, company photos and regular raffles!

**Twitter:** Follow us on Twitter for links to information on well-being, family issues, stress management, relationships & health.

**Text Us Your Request:** For eligible services, you can text your request and one of our staff will respond promptly. The texting line is available Monday-Friday, 9-5 ET. Text to **781-999-0902**.
QUESTIONS?
THANK YOU!