

# How to Use Your EAP — Employee

Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling services and resources designed to help you and your household family members.

## What Assistance Is Available?

### Counseling Services

*Our counselors are experienced in many areas, such as:*

- Grief & Loss
- Stress Management
- Alcohol/Substance Use
- Marital/Relationship
- Anxiety
- Depression
- Personal Growth
- Child Care Resources
- Parenting Concerns
- Conflict Resolution
- Work-life Balance
- Anger Management
- Family Conflicts
- Spiritual Matters
- Workplace Concerns
- Communications Skills
- Coping with Change
- Interpersonal Difficulties
- Financial Concerns
- Elder Care Resources
- Self-Esteem
- Trauma

### Online Work/Life Services

*HDC offers a comprehensive Work/Life website to help employees balance their jobs, family and personal responsibilities. This module is interactive and includes:*

- Assessments
- Videos
- Quizzes
- Courses
- Articles
- Calculators

## The Benefit of Using Your EAP

- **FREE**-Counseling and life management services are offered at no cost to you.
- **CONFIDENTIAL**-Services are confidential to the extent permitted by the law.
- **NOT REPORTED**-Individual use of your EAP is not reported to your employer or manager.
- **FAMILY MEMBERS ARE ELIGIBLE**-Your EAP is available to you and your household family members.

**Call us 24/7/365 at 800.877.8332 or  
visit [www.humandev.com](http://www.humandev.com)**



## 3 Easy Steps To Using Your EAP

**1**

**Call 800.877.8332** or review online resources at [www.humandev.com](http://www.humandev.com).

**2**

**Speak confidentially** with an intake specialist about your situation or request.

**3**

**Receive professional support** to assist you in resolving work and life issues.

## We Are Here for You

Our dedicated consultants are available 24 hours a day, 7 days a week to address your needs. Crisis calls are handled immediately and all appointments will be scheduled in a timely manner. Individual use of your EAP is confidential and is not reported to your employer.

All counseling services are confidential and in compliance with the law.