

# Employee Assistance Program (EAP)



Employee Assistance Program (EAP) is here to help you and your family with life's most complicated and not so complicated problems. Everyone struggles from time to time but sometimes problems persist and become serious enough to affect our home and work life.

You don't have to face challenges alone. You have assistance at your fingertips 24 hours, 7 days a week. ***One simple call can make all the difference.***



## We can help you and your family with issues such as:

Anger Management	Depression	Job Loss	Relocation
Anxiety	Divorce or Separation	Loss or Grief	Retirement
Alcohol Dependence/Abuse	Domestic Violence	Marriage/Family Issues	Sexual Issues
Career Changes/Challenges	Drug Dependence/Abuse	Parenting	Smoking
Communication Issues	Eating Disorders	Personality Conflicts	Stress
Child Abuse/Neglect	Elder Care Planning/Support	Phobias	Suicidal Thoughts
Chronic/Terminal Illness	Fear or Insecurity	Post Traumatic Stress	Work Issues
Credit Card Debt	Financial Problems	Problem Solving	
Crisis Intervention	Gambling	Relationship Concerns	

Discussions with counselors are respected and strictly confidential.

**Your well-being is our main concern. It's Free. It's Confidential. It Works.**

**24/7 ASSISTANCE**

**800-866-8344**

eap@wellness2000.com



**8AM-5PM, MON-THU**

**870-926-8817**

Kelli Denton, LCSW – Counselor

**318-623-1277**

Kala Jenkins, LPC – Counselor

**Eligibility:** All employees and eligible family members. Eligible family member is anyone eligible to be covered on the company medical insurance. Please tell counselor you are a PBSGC employee.