

RESOLUTIONS EMPLOYEE ASSISTANCE PROGRAM

Linda Culton, MS/MSW, LCSW

Clinical Supervisor

1813 W. Kirby Avenue, Champaign, IL 61820



What is an Employee Assistance Program?

- Benefit provided by your employer
- No cost to you
- Employees are a company's most valuable asset
- Employees are “real” people
 - Problems at home
 - Personal issues
 - Difficulties at work
- Employees need balance between personal and work life



KEY POINTS TO KNOW ABOUT YOUR EAP

- CONFIDENTIALITY
- COUNSELING SERVICES
- EDUCATIONAL AND SELF-HELP SERVICES
- EMERGENCY AND AFTER HOURS SERVICES
- ACCESSING ALL SERVICES
- CHECK OUR WEB PAGE!
- [Employee Assistance Program: Workplace & Personal Help | Carle.org](http://Carle.org)



CONFIDENTIALITY

- HIGH LEVELS
- STATE AND FEDERAL GUIDELINES
- WHAT WE SHARE WITH THE EMPLOYER
- ELECTRONIC RECORDS



COUNSELING

SAFE

PRIVATE

IN PERSON, TELEPHONIC OR VIRTUAL

- Counseling services available for employee and household members at no cost
- Short term, solution focused model
 - Six (6) sessions *per issue or problem* per year
- Assistance with obtaining long term counseling
- Individual, couples, family, children 6 and older
- Evening appointments available Monday-Thursday
- Large network of affiliates
- Counselors/therapists are master's level and licensed by the state



EDUCATIONAL & SELF-HELP SERVICES

Check out our web page

[Employee Assistance Program: Workplace
& Personal Help | Carle.org](#)

- Specialized trainings and workshops by department or team request
- Monthly newsletters & quarterly posters
- Online Resource Library for Work Life Services
 - From the web page, select “About EAP” then “view online library”.
 - Explore the categories of parenting, aging, balancing, thriving, working, living and international or sign up for an online seminar.
- Referrals for free consultations for legal issues, elder care planning or financial counseling
- Website: [Employee Assistance Program: Workplace & Personal Help | Carle.org](#)



EMERGENCIES AND AFTERHOURS

- During business hours, emergencies will be handled by local staff.
- After 5 pm and on weekends and holidays, you can immediately connect to our after hours service and their qualified EAP counselors. The EAP supervisor will follow up with you the next business day.
- Critical Incidents at work.



**CONNECTING TO
THE EAP**

CALL US!

217-383-3202

800-228-6380

Counseling appointments, the free referrals and access
to after hours services

start with a phone call to

our main office

217-383-3202

800-228-6380



RESOLUTIONS EAP

We are here to help!

Help with personal issues

Help with work issues

Request a training or workshop

Resources for self-help

Highly confidential

Easy to access

217-383-3202

800-228-6380

1813 W. Kirby, Champaign

