



Employee Assistance Program

What PENN Behavioral Health Can Do For You!

PENN Behavioral Health's Employee Assistance Program is a voluntary, professional and confidential counseling service designed to help you and your family resolve a wide variety of personal problems, including emotional, family-related, marital, alcohol or drug-related, parenting, aging and stress problems. Your EAP benefit includes the following:

1. **Free Problem Assessment and Short-Term Counseling** - Face-to-face sessions with qualified licensed professional counselors to assess, refer and provide brief counseling. All providers are licensed clinical counselors with years of experience.
2. **Confidentiality** - Your seeking help from PENN Behavioral Health is between you and the counselor. No information can be shared with anyone else unless you give your written permission to the counselor. Your organization supports the PENN Behavioral Health policy of complete confidentiality.
3. **24 hour Hot Line** - PENN Behavioral Health responds to the mental health and substance abuse emergencies around the clock. You can call at any time and speak directly with a counselor when you are in a crisis.
4. **Local Availability** - PENN Behavioral Health is a regional Employee Assistance Program with counselors across the entire six county region. We have hundreds of providers close to where you live or work.
5. **Referral for Ongoing Assistance** - Need further help? If so, PENN Behavioral Health will help you find it. We have access to information regarding additional resources in your local community. We can also assist in coordinating your behavioral health benefits if you need ongoing assistance or substance abuse treatment.

WHAT DOES THIS MEAN TO YOU? It means that PENN Behavioral Health is a resource for any personal problem that you or covered family members might have and should be the first resource you call.