

# An Introduction to Your Employee Assistance Program

# EAP

## What is the EAP?

The EAP is a free, confidential counseling and referral service designed to help you resolve your problems that may affect your personal or professional life.

### EAP Services are:

- Available to employees and their dependents via a toll-free helpline — 24 hours a day, 7 days a week.
- An additional benefit program provided by your employer.
- Intended to help you develop a healthy, positive lifestyle.

Trained professionals will listen to your problem and refer you to a source of professional assistance at a location convenient to your home or workplace.

### You can call the EAP if you have concerns about:

- Anxiety
- Substance abuse
- Financial concerns
- Managing stress
- Depression
- Parenting concerns
- Relationship problems
- Loss of a loved one

Get free, confidential counseling for life's stressful situations. Call today.

#### About PENN Behavioral Health EAP

PENN Behavioral Health EAP is a product of PENN Behavioral Health Services which is a not-for-profit organization under the University of Pennsylvania Health System. PENN Behavioral Health consists of a highly qualified network of EAP professionals throughout the nation. Its corporate offices are located in Center City Philadelphia. PENN Behavioral Health not only provides comprehensive EAP services but also other worksite programs. For more information contact PENN Behavioral Health at 215-746-7300 or visit our website at [www.pennbehavioralhealth.com](http://www.pennbehavioralhealth.com).