



EMPLOYEE ASSISTANCE PROGRAM

EAP offers short term, solution-focused counseling to people experiencing a variety of challenges and concerns, whether work related or in your personal life. For example:

- Communication Relationships
- Stress Management
- Grief and Loss
- Work Stress
- Coping Skills
- Parenting
- Family Concerns



SEEKING **HELP** IS A
DEMONSTRATION OF
STRENGTH

Confidentiality is the foundation of this program. Information is only shared with your written permission or when the law mandates release. You are not required to notify Human Resources or your supervisor when you are using these benefits.

There is no cost to you. Your employer provides this short term counseling as a benefit to you and your immediate family members.

Boone Health Employee Assistance Program

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Boone Believes In Me