

Your Employee Assistance Program

Each day, as we participate in relationships, perform our jobs and live in our community, we face joys and challenges. Occasionally a challenge turns into a struggle, a hardship, even something overwhelming. We may notice that such a challenge affects our home life or our work life in a negative way. When things get really difficult it can be helpful to consult with a professional for support, guidance, a different perspective, information or healing.

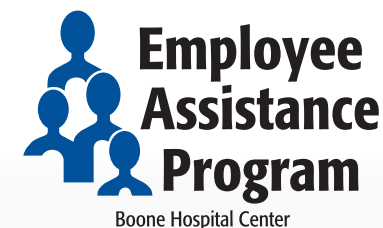
Seeking help for a problem is a demonstration of strength.

Professional help
- within personal reach.

Your EAP office is located at:

1701 E. Broadway
Broadway Medical Plaza 3, Suite 303
Columbia, MO 65201
573-815-6034
or toll free 877-327-0327

boone.org/eap



Our services

The Employee Assistance Program offers counseling to people experiencing a variety of challenges and hardships. Issues may include:

- Stress
- Sadness and grief
- Anxiety and depression
- Difficulties with spouse or partner
- Questions or worries about a child or teenager
- Work related concerns
- A struggle with alcohol or drugs
- Transition and change
- Concerns for an ill or aging family member

Confidentiality

Confidentiality is the foundation of this program. Information is only shared with your written permission or when the law mandates release. Most participants are self referrals. You are not required to notify Human Resources or your supervisor in order to utilize EAP services.

Is there a cost?

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

How to reach us

For more information or to schedule an appointment, call us at 573.815.6034 or 877.327.0327.

