

What is EAP?

- A confidential program that provides professional assistance to help resolve problems
- A program for you or your family when a personal problem makes life difficult
- Designed to help employees before personal problems become work problems
- Provides access to self-help information via the website

What kind of problems?

- Financial pressures
- Stress or tension
- Relationship problems
- Family or parenting issues
- Problems at work
- Depression or anxiety
- Gambling or addictions
- Alcohol or drugs
- Difficulty sleeping
- And others...



The best time to seek help for a problem is as soon as it begins to affect your well-being at home or work

- Monday to Friday
8:00 a.m. — 5:00 p.m.
- Offices in Asheville, Hendersonville, Waynesville, and Sylva
- Asheville area residents:
Call (828) 252-5725
- Hendersonville area residents:
Call (828) 697-2953
- All other locations:
Call toll-free 1-800-454-1477

www.EANnc.com

FAQ's

Is it Confidential?

YES—Confidentiality is a vital part of your EAP. Your employer will not know that you have requested assistance without your permission.

How much does it cost?

The cost of the initial evaluation and brief counseling session is prepaid by your employer. If further counseling is recommended, additional costs are the responsibility of the employee, but will usually be covered by your health plan.

Who can use EAP?

Employees and family members (immediate members of the household) can use the EAP on a self-referral basis. Employees may also be referred by their supervisors when personal problems affect job performance.

What happens when I go to EAP?

You will talk to a certified, licensed professional about your problems and you will work with your counselor to establish a plan for further assistance.

Why should I go?



**Employee Assistance
Network**
www.eannnc.com

STAFF OFFICES

Doctor's Park, Suite 3-C
417 Biltmore Avenue
Asheville, NC 28801
(828)252-5725

Oakland Suites
714 Oakland Street
Hendersonville, NC 28791
(828) 697-2953

413 Walnut Street
Waynesville, NC 28786
1-800-454-1477

Colonial Square
Suite 200
Sylva, NC 28779
1-800-454-1477

AFFILIATE OFFICES
THROUGHOUT NORTH AMERICA
1-800-454-1477

Employee Assistance Program



**Professional Assistance
in Total Confidentiality**