How the Assistance Program Can Help in a Cristsbuelo

An assistance program (also referred to as an employee assistance program or EAP) is a confidential service that offers help with personal and work-related issues and is provided as a benefit to you by your employer (or by a group or organization to its members).

The assistance program can be especially helpful in times of crisis. Whether you are experiencing grief or loss or coping with an unexpected event such as a natural disaster or other traumatic event, professionally trained consultants are available to provide help. The assistance program can connect you with resources to assist with emotional concerns such as stress and depression, as well as financial and legal matters and other issues that may occur during or following a crisis. The assistance program is free and confidential. Consultants are available to help 24 hours a day, 7 days a week, 365 days a year.

During times ides guidance and assistance, support and information.

The following are some crises that may precipitate a call to the assistance program: