

*Do you or a loved
one struggle with:*

- Marital problems
- Family conflict
- Children with problems
- Stress, depression, anxiety
- Grief/Loss
- Anger/Violence
- Emotional turmoil
- Alcohol or drug abuse concerns
- Financial or legal problems
- Job-related difficulties
- Other concerns

Then it may be time to call your

Employee Assistance Consultant for
confidential, professional help at:

LIFEPLAN

(260) 432-3327
1-800-677-4477

The LifePlan office is located at:
6319 Constitution Drive
Fort Wayne, IN 46804

Offices are located in
Fort Wayne and Auburn



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*Confidential
counseling
services*

LIFEPLAN

Remember: help is only a phone
call away

(260) 432-3327
1-800-677-4477

www.lifeplan-eap.com

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**Questions
& Answers about
the LifePlan
Employee
Assistance
Program**



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Questions and Answers

What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is an employer sponsored program which provides an assortment of benefits to employees and their family members. The EAP benefit is prepaid by the employer so there is absolutely no charge to the employee. Also, the services offered remain **confidential** --- in other words, the employer never knows who utilizes the program.

Why would an employer offer the Employee Assistance Plan to its employees?

All of us will be affected by the stressors in our life. EAP's have demonstrated that helping an employee with difficulties may prevent problems from escalating into issues for the employer such as absenteeism, lost manpower, tardiness, and a general decline in workplace performance. Obviously, this also helps the employee. We all know that "an ounce of prevention is worth a pound of cure."

Why should an employee use the Employee Assistance Plan?

Most people utilize EAP services, not because they fear for their jobs, but because they are needing a little help in some area of their lives. That's where the mental health professionals at LifePlan provide great assistance. LifePlan is a multidisciplinary team with expertise in many different fields.

Who can use the Employee Assistance Program?

The services are not only available to the employee, but to their spouse and other dependents as well.

When can I call the EAP?

You can call us at any time using our toll-free number, 24 hours a day, 365 days a year from wherever you are.

Can I call the EAP even if my concern is not a crisis?

Yes. The EAP is not just for emergencies. It is designed to help one sort through whatever is happening in their life. Call the EAP when a new perspective on things is needed.

Is the EAP just for workplace problems?

An employee can use the EAP to help deal with any number of concerns, large or small, whether or not they have an impact on the workplace.

If I've used the EAP before, can I use it again?

While the EAP is not intended to provide ongoing treatment, it is designed to help one through a variety of issues and situations, so an employee may call each time they have another concern.

Will I be charged for using the EAP?

No. There is no charge to employees and the eligible dependents for using the EAP. If the employee is referred to additional resources for help, however, they may have to pay for those services.



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