



Personalized solutions for life's challenges.

- stress
- drug/alcohol abuse
- family challenges
- anxiety
- workplace issues
- grief and loss
- conflict resolution
- gambling
- depression
- relationship issues
- child/elder care
- other concerns



The Solutions Group

Short-term counseling, assessment and referral for employees and their family members. Video visits available.

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A division of Presbyterian Healthcare Services

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The Solutions Group

Employee Assistance Program

What is my EAP Benefit?

The Employee Assistance Program (EAP) is a free and confidential counseling service designed to assist employees with personal problems that might adversely affect their job performance, health and well-being. All of our counselors are licensed professionals with extensive experience in the field of short-term counseling.

Our goal is to help you problem-solve within the number of sessions allowed by your EAP benefit. If the issues require additional services, our counselors will help you access your mental health benefits, community resources, self-help groups or other services quickly and efficiently.

Who can use the EAP?

Employees and their immediate family members living in the same household can utilize EAP benefits.

What does it cost?

Your employer has pre-paid for this benefit, so it is free to employees and their immediate family members.

Are services confidential?

All EAP services are confidential. Your written permission is required to authorize the release of your personal information.

To access your EAP please call 254-3555 or 1-866-254-3555 to schedule an appointment. Counselors are also available by phone after hours.