

## Employee Assistance Services

Marital Conflict	Workplace Issues	Depression
Drug/Alcohol Abuse	Grief and Loss	Relationship Issues
Family Challenges	Conflict Resolution	Child/Elder Care
Anxiety	Gambling	Other Concerns

Employee assistance program services are free, confidential and provided by licensed professionals.

A division of Presbyterian Healthcare Services

## Employee Assistance Services

Marital Conflict	Workplace Issues	Depression
Drug/Alcohol Abuse	Grief and Loss	Relationship Issues
Family Challenges	Conflict Resolution	Child/Elder Care
Anxiety	Gambling	Other Concerns

Employee assistance program services are free, confidential and provided by licensed professionals.

A division of Presbyterian Healthcare Services



To access your EAP, please call (505) 254-3555 or 1-866-254-3555 to schedule an appointment.

Counselors are also available by phone after hours.



1240 Pennsylvania NE, Suite C, Albuquerque, NM 87110

PHONE / 505.254.3555 TOLL FREE / 866.254.3555

FAX / 505.254.3535 WEB / solutionsbiz.com

A division of Presbyterian Healthcare Services



# Personalized solutions for life's challenges.

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



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



From time to time, employees in all types of organizations face complex personal challenges that cause intense stress. As your EAP provider, our primary focus is to help employees find accessible solutions that will ultimately help to improve their overall quality of life.

# 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.



1240 Pennsylvania NE, Suite C, Albuquerque, NM 87110  
PHONE / 505.254.3555 TOLL FREE / 866.254.3555  
FAX / 505.254.3535 WEB / solutionsbiz.com

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



1240 Pennsylvania NE, Suite C, Albuquerque, NM 87110  
PHONE / 505.254.3555 TOLL FREE / 866.254.3555  
FAX / 505.254.3535 WEB / solutionsbiz.com

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

