

How does Preferred EAP work?

You can learn more about Preferred EAP by visiting our website,

www.preferred-eap.org.

Or you can call us at **610-433-8550** or **800-327-8878** to schedule an appointment or speak with a Preferred EAP representative.

Please be ready to provide a brief description of the concerns you want to address so we can match you with the most appropriate counselor. **All information you share with us is strictly confidential.**

Remember, there is no need to suffer alone. Preferred EAP is here to assist you and committed to connecting you with the help you desire, as soon as possible.



When you need someone to talk to,
someone to help you get through
the rough times in your life,
Preferred EAP is here for you.

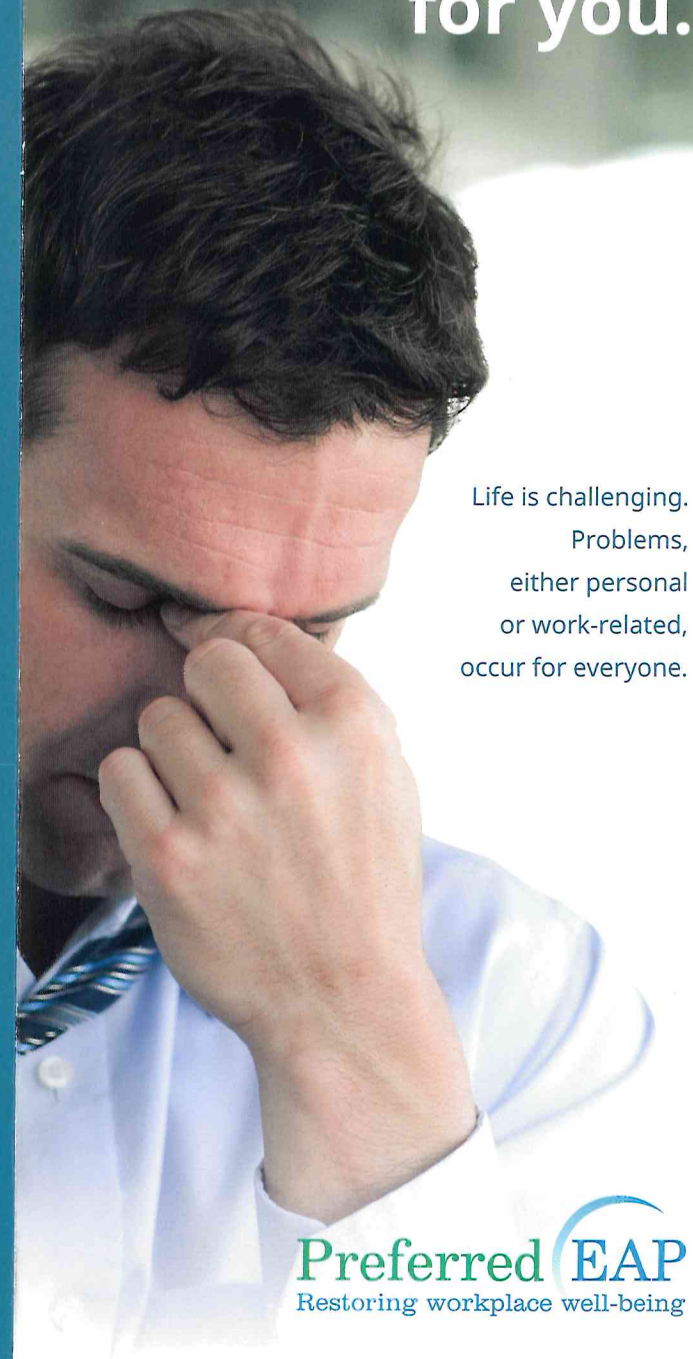
Preferred EAP

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Toll Free: (800) 327-8878

www.preferred-eap.org

COUNSELING | COACHING | CONSULTATION

We're here for you.



Life is challenging.
Problems,
either personal
or work-related,
occur for everyone.

Preferred EAP
Restoring workplace well-being



What is Preferred EAP?

Preferred EAP is a free service that offers COUNSELING, COACHING and CONSULTATION to employees and their families for personal or work-related problems. Our services are highly professional, strictly confidential, easy to access and available when you need them.

Why does your organization offer Preferred EAP?

Your organization cares about your well-being. They recognize that personal problems, big or small, can impact every aspect of your life. Preferred EAP is here to help you and your family deal with personal problems before they impact your well-being, health or work life.

Why should I use Preferred EAP?

If you find yourself feeling overwhelmed by specific issues, or even if you are not able to define "the problem," Preferred EAP is here to help you find resolution. Whether it's a personal or work-related concern, there can be benefits from seeing a trained counselor. Employees have sought assistance in handling the following issues, among others:

- MARITAL DISCORD
- GRIEF AND LOSS
- JOB CHANGE
- DEPRESSION AND ANXIETY
- INTERPERSONAL CONFLICT
- FAMILY PROBLEMS
- STRESS
- DRUG AND ALCOHOL ABUSE

Can Preferred EAP help you?

If you are not sure and have additional questions as to whether we can help you, visit our website at www.preferreddeap.com for more information. You can also speak with a counselor, without an appointment, during our Express Consult hours, weekdays from 11am-1pm, to find out how Preferred EAP can assist you.

If you think you have a problem, it's best to seek assistance as soon as possible. The sooner you address a problem, the more likely you are to experience a positive outcome.

Will anyone know if I contact Preferred EAP?

No. Your contact is strictly confidential. Preferred EAP will **NOT** release any information to anyone without your consent.

Does Preferred EAP use qualified counselors?

Yes. All Preferred EAP counselors are Pennsylvania licensed, Master's level professionals with many years of counseling experience.

What are the chief benefits of using Preferred EAP?

- SATISFACTION from confronting a problem and resolving it
- IMPROVEMENT in job performance
- IMPROVEMENT in job satisfaction
- IMPROVEMENT in quality of life

How much does Preferred EAP counseling cost?

There is no cost to you. Your employer covers the cost of your EAP counseling sessions. If you would like to obtain additional help after completing your Preferred EAP sessions, your counselor will refer you to services or counseling professionals covered by your personal healthcare insurance.