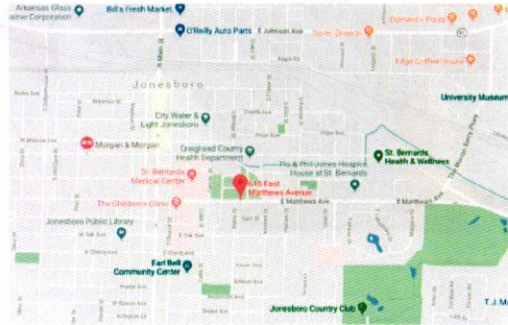


# LET YOUR EMPLOYER GIVE YOU THE HELP YOU NEED TODAY

To request assistance, just call the St. Bernard's Counseling Center at 870.930.9090 or toll-free at 1.800.346.0183. Our professionally trained staff will request information about your specific needs so that an assessment can be scheduled for you.

## PLEASE REMEMBER:

It is important to identify yourself as a member of your company's EAP to ensure that your benefits are rendered correctly.



The Heart of Great Medicine

St. Bernard's Behavioral Health  
Employee Assistance Program  
615 E Matthews  
Jonesboro, AR 72401  
870.930.9090

# EMPLOYEE ASSISTANCE PROGRAM

With the help of your employer, you can take back control of your life



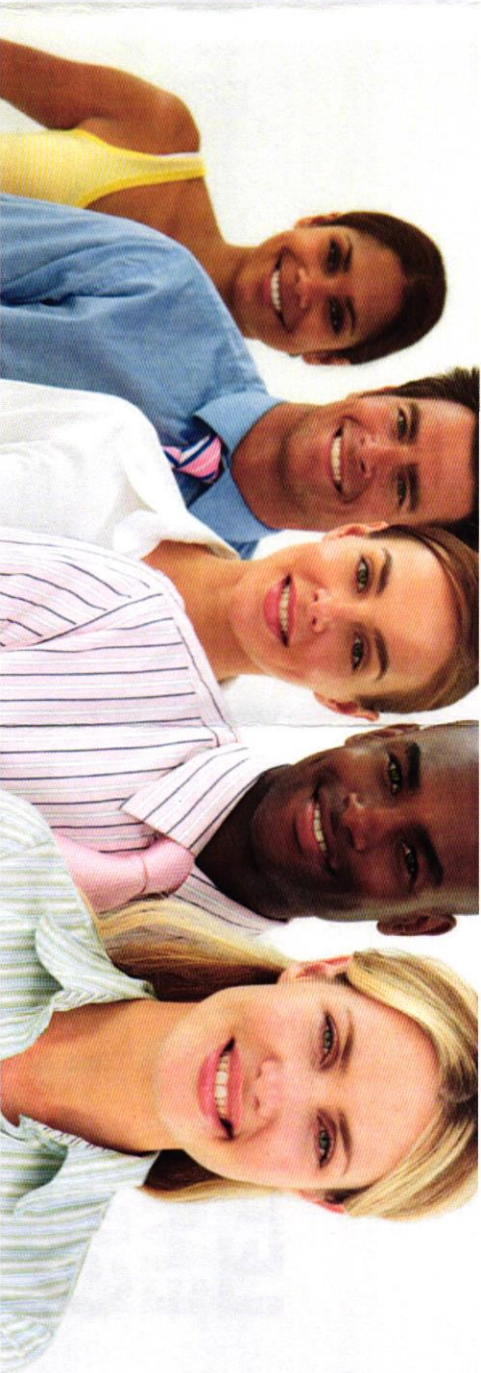
The Heart of Great Medicine

# HELPING YOU HELP YOURSELF

The St. Bernards Counseling Center Employee Assistance Program (EAP) has been designed to help employees and their families find assistance when dealing with the problems that can occur in everyday life. The EAP at the St. Bernards Counseling Center can help you and your family with a wide range of behavioral health and substance abuse problems.

Your EAP allows you and your family to seek assistance in a simple and confidential manner from a trained professional. Your employer has made a tremendous investment in your well-being as well as your future so please take advantage of this benefit.

Referrals to the EAP can be made by anyone: yourself, family members, supervisors or physicians, etc. Once you utilize the EAP, all discussion and information shared is kept strictly confidential. St. Bernards Counseling Center will release information only to those individuals you desire to share the information with.



## HOW IT WORKS

The St. Bernards Counseling Center EAP was designed to help everyone, not just the 15% of those with substance or alcohol abuse problems. These services include:

- Anxiety disorders
- Depression
- Problems with children/teens
- Drug and alcohol abuse
- Gambling Addictions
- Attention Deficit Disorder
- Marriage Counseling
- Social Service Referrals
- Stress
- Grief Counseling
- Spousal Abuse
- Family Therapy
- Sexual Abuse
- Child Abuse
- Nicotine Addiction
- Eating Disorders
- Children of divorce

After the initial phone call or referral, an appointment will be scheduled. Individuals in emergency situations will be seen immediately at St. Bernards Emergency Department.

Assistance is provided by professional therapists trained to provide services for each employee based on their needs as well as workshops and literature to help each employee enhance their quality of life.

And as always, we guarantee confidentiality regarding discussions, problems identified, records maintained and overall treatment.