



Challenges are just a part of life and sometimes can be overwhelming. They can begin to interfere with the way you think, feel, interact with your family, and do your job. Because there are challenges that are too big to handle alone, your employer provides Employee Assistance to you and your immediate members of your family. Services of the Employee Assistance Program are professional, confidential, and free and include assessment, counseling and referral services.

### **Employee Fact Sheet**

1. Free and confidential for employees and their immediate family members.
2. An employee and their immediate family members are entitled to in person counseling sessions at no cost to the employee.
3. Email us with questions at [contactus@negeap.com](mailto:contactus@negeap.com)
4. To make an appointment call 706-549-6658 or 1-800-286-2207. Office hours are 9am-5pm Monday thru Thursdays, and 9am-4pm on Fridays.
5. The Northeast Georgia Employee Assistance Program main office is located in the Carson Center at 1435 Oglethorpe Avenue, Athens, Georgia 30606. Our Winder Office is located on 292 North Broad Street, next to Barrow Regional Medical Center. \*Affiliate offices are located throughout Georgia to serve employers not in Northeast Georgia.
6. EAP can help with all types of life work problems:
  - Behavioral Health
  - Crisis
  - Anxiety
  - Marital/Family/Partner Issues
  - Parent-Child Conflict
  - Grief Loss
  - Legal/Financial Concerns
  - Elder/Child Care
  - Substance Abuse
  - Stress
  - Step/Blended Family Concerns
  - Work Relationships
  - Career Concerns
  - Job Stress
  - Reaction to Change
  - Conflict
  - Depression
  - Alcohol/Substance Abuse