

# EMPLOYEE ASSISTANCE PROGRAM



Free • Confidential  
Convenient hours & locations

Harmony Healthcare  
*Where We Are Changing Lives Everyday*

(702) 251-8000  
(800) 363-4874

{Logo placed here}

harmonyhc.com

## Employee Assistance Program

Harmony Healthcare recognizes that personal and family concerns can impact your life both at home and at work. When you face these challenges in life, it is reassuring to know there is a place to turn. To assist you and your household members in getting the help you need, your employer offers an Employee Assistance Program (EAP). The EAP is a free and confidential support service designed to help you and your household members with issues that affect your life the most.

### How an EAP works:

- Employees will call the EAP to schedule an appointment with a counselor.
- At your first appointment the counselor will listen to your concerns and help you set reasonable goals to solve them.
- In certain cases, a supervisor may request an employee to meet with the EAP if there is a concern about an employee's safety or job performance.



### Common concerns the EAP can help with are:

- Marriage & Family
- Emotional Stress
- Substance Abuse
- Legal / Financial Difficulties
- Grief & Loss
- Work Pressures
- Gambling
- Anger Management

This list only gives you an idea of the type of concerns we can help you work through. We encourage you to contact the EAP regarding any specific need that you may have and discuss it with a counselor. We have a dedicated team of professionals to help individuals identify, adapt and effectively deal with difficult times. Please contact your EAP or Human Resources department to determine how many free EAP counseling sessions you are entitled to.

### Online Tools & Resources:

- Log-on to [harmonyhc.com](http://harmonyhc.com)
- Select Employee Assistance Program
- Choose your employer
- Access Information, articles, self-assessments and interactive tools such as:

- Child & Elder care
- Health & Wellness
- Financial & Legal
- Emotional Well-Being
- Balanced Living
- Personal Growth



Members with the Enhanced EAP receive telephonic advice and referrals for child & elder care and legal & financial concerns. Please contact the EAP to see if you are eligible.