

# Employee Assistance Program



HelpNet provides confidential personal counseling to you, your dependents and your household members as a free service contracted by your employer. Our counselors have master's degrees and have experience in:

- Marital and family issues
- Addictions
- Emotional problems
- Legal and financial concerns
- Careers
- Relationships
- Aging parents
- Stress, anxiety and depression
- Life enrichment techniques

These services are provided at no cost to you, your dependents or household members. Everything shared is completely confidential.\*

At HelpNet, we understand that problems don't always wait for standard workday hours. We are on-call 24 hours a day, 7 days a week, 365 days a year.

When you contact us, we will offer you an appointment within 72 business hours. If you are in crisis or an emergency situation, you have the option to request to speak to a counselor right away.

# We Offer:

## **Assessment**

Your counselor will talk to you about your concerns. Together, you will decide the primary issues that need to be resolved.

## **Counseling**

If caught in the early stages, many problems can be handled right in the HelpNet office with only a few sessions. These brief counseling sessions have been prepaid by your employer as a part of the Employee Assistance Program. There is no cost to you.

## **A Community Referral**

Some problems require more time or are outside of our scope of services. If this happens, we will guide you to an affordable community professional with a good reputation for helping other people in your situation. We'll explain your health benefits package provided by your employer and any co-pay or out-of-pocket expenses you may incur.

\*HelpNet strictly adheres to all state and federal guidelines and regulations pertaining to patient confidentiality. If a contracting employer seeks information, we provide only statistics — no name or diagnoses are ever given without written permission from the patient. The only exception is by a court order if there is a possibility the patient may harm him or herself or be injured by another, or when child abuse or neglect is suspected.

## **CONTACT US**

24 hours a day, 365 days a year

**(800) 969-6162**

**(800) 523-0591**

Kalamazoo, Michigan area

**helpneteap.com**