

Employee Assistance Programs

Elizabethtown College is pleased to provide you with two FREE Employee Assistance Programs. Both EAPs are confidential and voluntary programs designed for employees, spouses and dependent family members who want to seek help for personal issues without worrying that someone at work will “find out” about their problem. You are automatically enrolled in the program(s), based on your work status. Each of these programs has a different menu of topics. If you qualify for both programs, you can choose the program that best fits your needs, or use one in conjunction with the other to give you more options and resources!



Who is eligible for this benefit?

All **full-time** employees, spouses and dependent family members.

All full-time and part-time employees, spouses and dependent family members.

Professional Counseling:

Unlimited access via telephone

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3 free face-to-face sessions per year through a local and national network of providers.

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Some common topics include:

- Anxiety and Depression
- Divorce and Separation
- Drugs and Alcohol
- Grief and Loss
- Health and Well-being
- Nutrition and Fitness
- Stress Management
- Legal and Financial
- Dependent Care and Care Giving
- Education
- Balancing Work and Home Life
- Career Development

- Anxiety and Depression
- Marital or Relationship Conflict
- Family and Child Issues
- Stress
- Alcohol & Drug Use
- Self-esteem
- Work and Career, Work/Life Balance
- Grief and Loss
- Sexual and Physical Abuse
- Life Transitions
- Reactions to Traumatic Incidents
- Conflict with Others