



# EMPLOYEE ASSISTANCE PROGRAM (EAP)

*The Support and Counseling Employees Need to Reduce Stress*

The COVID-19 pandemic has escalated many mental health struggles for employees, from depression and substance abuse to relationship issues, financial challenges, legal issues and more. VistaNational offers a comprehensive Employee Assistance Program to give your employees a place to turn. They can speak to a licensed counselor and get the support they need in these challenging times.

- ⊕ Gives Employees A Place to Turn for Help
- ⊕ Easy to Access Via Phone from Home
- ⊕ Masters and PhD Level EAP Counselors
- ⊕ Improves Employee Morale and Mental Health

## COVERS A WIDE RANGE OF ISSUES

### FAMILY

- » Child Issues
- » Elder Issues
- » Communication
- » Family Conflict
- » Serious Illness
- » Parenting

### SUBSTANCE ABUSE

- » Alcohol
- » Illegal Drugs
- » Prescription Drugs

### LEGAL ISSUES

- » Child Support
- » Divorce

### MARITAL/RELATIONSHIP

- » Domestic Violence
- » Dual Career Issues
- » Resolving Conflict
- » Separation/Divorce

### WORK RELATED ISSUES

- » Career Issues
- » Interpersonal
- » Job-Related Burnout

### FINANCIAL

- » Budget Control
- » Credit Problems

### EMOTIONAL – MENTAL HEALTH

- » Anger Issues
- » Anxiety
- » Depression
- » Eating Disorders
- » Grief/Loss
- » Life Transition
- » Mood Swings
- » Stress

## HOW EAP WORKS

**1 CALL** the designated professional call center to schedule an appointment

**2 RECEIVE AN ASSESSMENT** by a professional Master or PhD EAP counselor

**3 GET A REFERRAL** to an EAP specialist or therapist who will assist



### The Employee Assistance Program Is One of Many Solutions in VistaNational's COVID-19 Toolkit

Contact us today to learn how you can provide powerful technology, expert support and high-service programs for your employees and HR staff during the COVID-19 crisis.



Call 800.944.3645 or visit [VistaNational.com](http://VistaNational.com)

VistaNational - 1301 W. 22nd St., Suite 600 • Oak Brook, Illinois 60523