

# **Emergency One**

## ***EAP Program***

### **FAQs About EAP Services**

#### **What is the EAP?**

The EAP program is a free, confidential service of short-term counseling that is offered by your employer as a benefit to you and your immediate family members.

#### **Why do people go to the EAP?**

To get help dealing with the problems that are a part of many of our lives at one time or another:

- Relationship problems
- Stress
- Anger
- Grief
- Anxiety
- Depression
- Parenting issues
- Substance abuse

#### **Will my employer know about my visits?**

EAP services are strictly confidential. The information you share with your counselor won't be disclosed to anyone else without your written permission, except where life or safety are threatened, or where required by law.

#### **How is this different from therapy?**

EAP provides short term counseling for the many problems that we face in life. Many people find that this is enough to help them get back on track. If more services are needed, your EAP counselor will refer you to community resources, or to a professional who is covered by your insurance plan.

#### **How do I make an appointment?**

Call 845.338-5600. An appointment will be scheduled as soon as possible.