

Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling services and resources designed to help you and your household family members.

## What Assistance Is Available?

### Counseling Services

*Our counselors are experienced in many areas, such as:*

- Grief & Loss
- Stress Management
- Alcohol/Substance Use
- Marital/Relationship
- Anxiety
- Depression
- Personal Growth
- Child Care Resources
- Parenting Concerns
- Conflict Resolution
- Work-life Balance
- Anger Management
- Family Conflicts
- Spiritual Matters
- Workplace Concerns
- Communications Skills
- Coping with Change
- Interpersonal Difficulties
- Financial Concerns
- Elder Care Resources
- Self-Esteem
- Trauma

### Online Work/Life Services

*HDC offers a comprehensive Work/Life website to help employees balance their jobs, family and personal responsibilities. This module is interactive and includes:*

- Assessments
- Videos
- Quizzes
- Courses
- Articles
- Calculators

## The Benefit of Using Your EAP

- **FREE**-Counseling and life management services are offered at no cost to you.
- **CONFIDENTIAL**-Services are confidential to the extent permitted by the law.
- **NOT REPORTED**-Individual use of your EAP is not reported to your employer or manager.
- **FAMILY MEMBERS ARE ELIGIBLE**-Your EAP is available to you and your household family members.

## 3 Easy Steps To Using Your EAP

1

**Call 502.589.4357**

or review online resources at [www.humandev.com](http://www.humandev.com).

2

**Speak confidentially** with an intake specialist about your situation or request.

3

**Receive professional support** to assist you in resolving work and life issues.

## We Are Here for You

Our dedicated consultants are available 24 hours a day, 7 days a week to address your needs. Crisis calls are handled immediately and all appointments will be scheduled in a timely manner. Individual use of your EAP is confidential and is not reported to your employer.

All counseling services are confidential and in compliance with the law.

**Call us 24/7/365 at 502.589.4357 or visit [www.humandev.com](http://www.humandev.com)**