

Something got you down, need someone to talk to?

Thomas Zimmerman, Army War College Public Affairs Office

Has something got you down and you need someone to talk to?

Call the Employee Assistance Program

Jan. 6, 2010 -- Sometimes in life we are presented with challenges. Whether it's financial, emotional or professional, sometimes it helps to talk to someone about those problems. To help with times like these the Army offers the Employee Assistance Program for civilian employees and their family members.

"The EAP provides free, confidential services, to include screening to identify the employee's problem, and, when appropriate, a referral to a facility or program (within or outside the Army) that can assist the employee in resolving his or her problem," said Anne Wolf, post EAP coordinator. "The EAP acts like a 'triage,' we listen to you, and help point you in the right direction for any help you might need."

At Carlisle Barracks, the EAP is located on the second floor of Anne Ely Hall. The post EAP also supports employees at Letterkenny Army Depot.

Participation in the EAP is voluntary and, ultimately is the employee's decision to participate or not.

"In addition to substance abuse problems, the Army EAPs provide referral services to help employees achieve a balance between their work, family and other personal responsibilities," said Wolf.

EAP services for employees and supervisors

- Assessment, problem identification, and short-term counseling/intervention
- Referral for treatment and rehabilitation to appropriate community counseling/treatment resources
- Follow-up services to aid an employee in achieving an effective readjustment to his or her job after treatment
- Training and education for supervisors and employees about alcohol and drugs

EAP can assist employees and their families in finding help for:

- Depression, anxiety and other mental health issues
- Grief and loss
- Marital / relational issues
- Divorce and separation
- Alcohol and drug problems
- Job stress / anger issues
- Parent / child relationships
- Child / elder care
- Financial / legal issues

How do I contact the EAP?

Contact the EAP office at 245-4576. EAP representatives are available weekdays between 9 a.m. and 3 p.m. EAP is located in Building 632, Wright Ave.

"Appointments may be scheduled at other times if you are unable to come during these hours," said Wolf.

Who can use it?

The Employee Assistance Program is available to federal employees and their family members. Family members may contact the EAP directly and do not need to be accompanied by the employee when meeting with the EAP Representative.

Is it confidential?

YES.

"One of the EAP professional's highest priorities is to protect the rights of the EAP client," said Wolf. The meetings and all records are subject to the same regulations as other Occupational Health Services files.

"No one may be informed of your participation in any of the Employee Assistance Program's without your written permission."

Will using EAP affect my job?

Your job security and promotional opportunities will not be affected because you seek assistance.

"By working with the EAP professional to resolve your problems before they interfere with your job,

you can remain an effective and productive employee," said Wolf.

EAP supervisor referrals

Occasionally, workers' personal problems manifest themselves and interfere with their work. A supervisor may elect to refer an employee to the EAP for assistance.

"This is the supervisor's way of saying that he or she cares and is concerned about you," said Wolf. "Their interest is in helping you to resolve any personal problem, which may be adversely affecting your job performance."

For more information contact the EAP at 245-4576 or email, annmarie.wolf@us.army.mil

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