

Everyone needs a little help now
and then -- that's what we do!
Give us a call.

EMPLOYEES MAY REACH EAS

- On their own. Call us at 205-933-7442.
- At the suggestion of a friend, relative or co-worker.
- At the direction of a supervisor, who recognizes that an employee's work performance is being affected by what may be a personal problem that needs professional attention.



200 Century Park South
Suite 116
Birmingham, AL 35226

205-933-7442
1-800-367-0101 AL
1-800-338-9277 USA



Help for You and Your Family
When You Need It Most!

EMPLOYEE ASSISTANCE SERVICES is a confidential, professional counseling service for employees and their families who need help with personal problems. Your company knows that mental and emotional health is just as important for its employees as is physical health. And, if a family member is experiencing problems, it affects you as well. Your company provides this benefit to you at no cost.



EAS IS COMPLETELY CONFIDENTIAL

Your employer does not know who uses the services of EAS, unless they have required attendance through a formal referral.

No information is shared unless you, the employee, have signed an authorization. Even then, your personal issues remain confidential.

EAS can help with:

- Emotional Problems -

When anxiety, frustration or depression take a toll, EAS has professional counselors who can help.

- Relationship Issues -

Professional counseling can come to the aid of deteriorating relationships, close generation gaps, spare families emotional grief, and draw them together.

- Child/Adolescent Problems -

EAS has counselors who specialize in helping children and adolescents with emotional issues, behavioral problems, bullying and other roadblocks to happy, normal development.

- Substance Abuse issues -

We can perform an assessment to determine the level of treatment required to help return you or your family member to health and sobriety. We provide counseling and can recommend outside treatment facilities if indicated.

- Sexual Abuse -

Whether abuse is ongoing or in the distant past, the repercussions are intense and life-long, unless dealt with in a confidential, professional setting. Our counselors have years of experience helping people heal from the trauma of abuse.

- Finances and Legal Matters -

EAS provides one hour of free legal or financial counseling per person per year. Any further consultations with an attorney or financial advisor are provided at a 25% discount. Also, each employee is entitled to a free "will kit," which enables you to complete the necessary forms and have an attorney draw up a legal will, something many of us put off until it is too late.

- Anger Management -

Our therapists can show you or your family member how to channel your feelings and express them in a healthy way.

- PTSD -

This condition is not restricted to military service. Any type of trauma, recent or from childhood, can cause continuing stress, anxiety, depression and other symptoms for many years if not addressed. We have counselors who use EMDR and other therapies to help clients heal and find peace in the after-effects of complex trauma.



ADDITIONAL EAS RESOURCES

• Visit our website, www.easbirmingham.com, for a variety of resources that can help you and your family. Each quarter a new issue of Healthy Exchange Newsletter is posted, bringing you several pertinent articles on reducing stress, relationships, etc.

When you click on **WELLNESS LIBRARY**, you will find articles from previous issues listed alphabetically by category.

• Also on the website, click on **SERVICES**, then on **FINANCIAL AND LEGAL PROBLEMS**. You will be directed to a library of information, documents and advice on such issues as debt, credit, finances, retirement, mortgages, fraud, bankruptcy, landlord/tenant issues, consumer protection, criminal law, divorce, taxes, etc.