

How do I get started?

It's easy to take advantage of the EAP program. You can get started with just one call to:

541-706-2768

For appointment scheduling, please call between 8 a.m. and 4:30 p.m. Monday through Friday (excluding holidays). An EAP professional will return your call within two hours during the business day, or by the following business day if you call after hours.

In case of emergency, call 911 or go to your nearest hospital emergency room.

Can you answer yes to any of these questions?

- Are your teenagers pushing you to your limits?
- Is work stressing you out?
- Is a chronic health problem adding to your stress?
- Have you lost a loved one?
- Do you have a family member with a drug or alcohol problem?

Call the Employee Assistance Program. **541-706-2768.**

We can help.



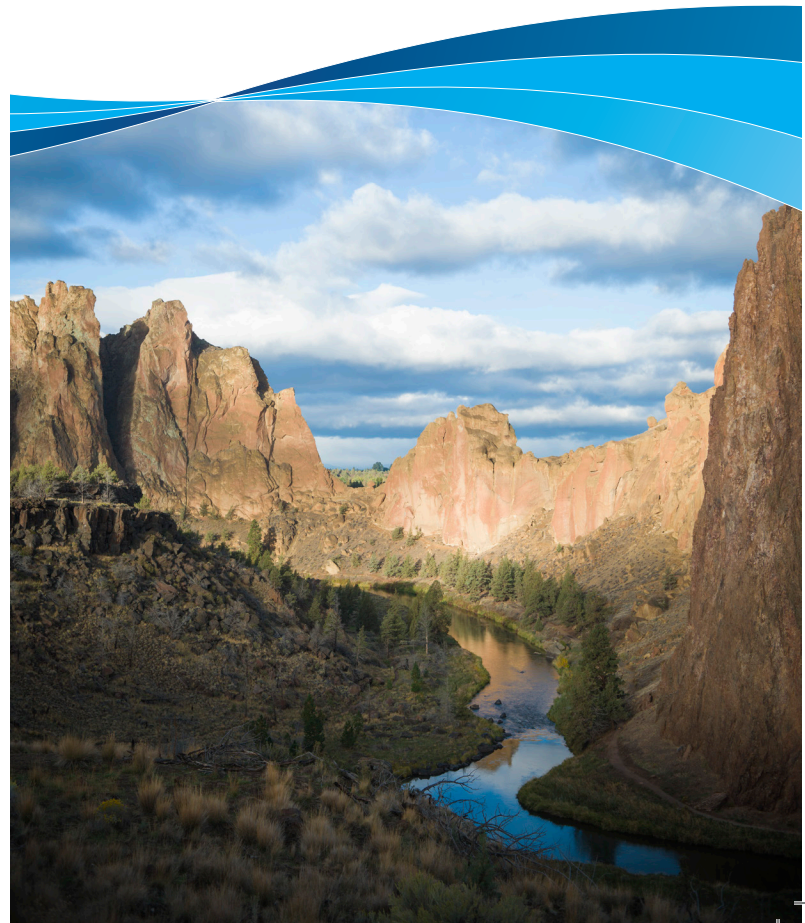
Services offered through:



Employee Assistance Program

A confidential counseling service to help you with personal, family and work-related issues.

Offered to employees of participating Bend Chamber of Commerce member businesses.





Everyone has problems from time to time that are just too big to handle alone. Sometimes they affect job performance, sometimes they do not.

Because your employer values your personal well-being, as well as the work you do, it offers the Employee Assistance Program (EAP). The EAP will assist you in getting the help you need when you need it.

Who can use the EAP?

The program is available to you and your eligible family members.

What does it provide?

The Employee Assistance Program provides confidential access to experienced professionals who can help you or, if necessary, refer you to appropriate resources. Often the EAP can offer you tools, insights and resources to help you address your area of concern.

Who provides the service?

To best serve you and your family, the Employee Assistance Program offered through the Bend Chamber of Commerce is contracted with St. Charles Health System's Behavioral Health Services team. Through this relationship, we offer access to professionals at St. Charles as well as a number of licensed community practitioners. On-site services are available in Deschutes, Crook and Jefferson counties.

Is there a fee?

You are eligible for up to three visits per calendar year at no charge. These counseling visits may be in person or by phone.

There is opportunity for continuing care after three appointments by utilizing the mental health benefit offered in various health insurance plans.

What kind of issues can the EAP help me with?

The Employee Assistance Program can help you with the following issues and concerns:

- Stress management
- Marital or family difficulties
- Personal/emotional concerns
- Depression
- Alcohol/substance abuse
- Grief/loss counseling
- Anxiety management
- Anger management
- Medical conditions
- Children's therapy/pediatric mental health

Is this service really confidential?

Yes. Any information you share with your EAP counselor will be kept confidential. An EAP counselor must obtain an employee's written consent prior to the release of any information. Your employer and coworkers will not have any knowledge of your request for help.