

DIRECTIONS
Employee Assistance Program

Employee Orientation Presentation


There are times in all our lives, when life's problems can be overwhelming...



DIRECTIONS Employee Assistance Program

We are strong individuals, often wearing the many hats of parent, employee, supervisor, friend, volunteer, coach, and caretaker.

Usually, we can wear our hats with ease and handle the trials and issues on our own.



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There are times however, that the problems escalate, sometimes to levels that can affect our work life, home life, even our overall sense of happiness.



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When life's problems are getting you down, and you don't know where to turn,



DIRECTIONS EAP wants you to know that there is a place to call for help.

DIRECTIONS Employee Assistance Program

Your employer is proud to offer this company-paid benefit.

DIRECTIONS Employee Assistance Program



DIRECTIONS EAP strives to provide practical solutions to your personal, family, and workplace concerns.

When personal problems are affecting your career, and more importantly, your life, remember that you are not alone; help with many of life's issues can be addressed together...

- work-related problems
- family difficulties
- stress
- financial problems
- marital conflicts
- alcoholism and drug abuse issues
- legal issues
- codependency
- grief issues

Even though DIRECTIONS EAP is an employer-provided benefit, our services are completely confidential.

Employees and their family members can access this service directly by calling our toll free number for a referral to one of our affiliate providers in your area.

Managers and Supervisors can access the DIRECTIONS EAP resources for help with a number of work-related issues:

- Coworker conflicts
- Crisis intervention
- Team building

The DIRECTIONS EAP counselors and their affiliate providers are qualified, caring professionals and are ready to help you.

No problem is ever too small or too big. Catching the small stuff before it turns into big stuff is the key to maintaining **balance** in your busy life.

After an initial meeting and assessment, you and your counselor will decide a course of action.

Unlike other referral services, you can see a DIRECTIONS EAP affiliate counselor up to six times.

If referral to another provider is necessary, your counselor can assist you in determining what is appropriate both personally and financially.

DIRECTIONS EAP services encompass a broad range of life's issues.

Maybe you are facing a difficult decision, or you or a family member needs help with anxiety or depression issues.

Perhaps alcohol or substance abuse is creating stress in your home, or you have experienced a devastating loss.

A DIRECTIONS counselor specializing in one or more of these serious issues can help you sort through the confusion.

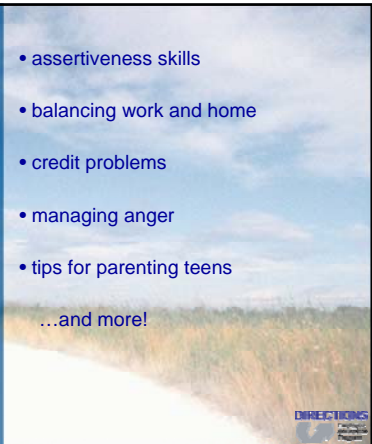


While counseling individuals for personal problems is the primary focus of DIRECTIONS EAP, there are also other benefits available.

Our website includes articles that provide education and assistance on topics including:

- assertiveness skills
- balancing work and home
- credit problems
- managing anger
- tips for parenting teens

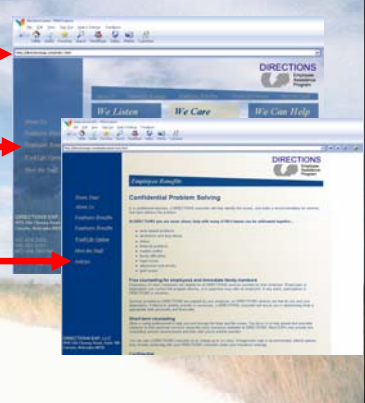
...and more!



Visit www.directionseap.com

Click on Employee Benefits.

Click Articles to access a variety of informative articles.



DIRECTIONS EAP also offers confidential legal consultation for those times when you have legal questions, but don't know who to ask.

Call DIRECTIONS EAP, toll-free, and we can refer you to a legal professional for a 30-minute consultation.

While not able to take on cases or intervene on anyone's behalf, these attorneys will explore your legal options with you and make referrals to help in your area.



Who is eligible?

- You are eligible for all DIRECTIONS EAP services provided by your employer.
- Your qualified dependents are also eligible and may contact DIRECTIONS EAP directly using your company's name.

Remember...

Services provided by DIRECTIONS EAP are prepaid by your employer, so DIRECTIONS services are free for you and your dependents.

If referral to another provider is necessary, a DIRECTIONS EAP Affiliate Counselor will help you find local resources.

How do I contact DIRECTIONS EAP?

It begins with a phone call

Call us in Nebraska
402.434.2900


From outside Nebraska
800.563.8201




Let's review your Employee Assistance Program benefit.


- Up to six free counseling sessions with a DIRECTIONS EAP Affiliate Counselor for you or your family.
- Referral to community resources, if needed.
- Legal and financial referrals on request.
- Complete confidentiality.
- Access to educational articles found on the DIRECTIONS EAP website.


Visit our website:
www.directionseap.com




Remember...
 With DIRECTIONS EAP you are never alone; help with many of life's issues can be addressed together.

We Listen... 

We Care... 

We Can Help... 



Thank you for choosing
 DIRECTIONS EAP, LLC



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