

PDRMA HEALTH PROGRAM'S Employee Assistance Program (EAP)

The EAP services are
FREE, confidential, and available 24-hours a day, 7 days a week
 to PDRMA Health Program employees and family members,
 even if not enrolled under your coverage, by calling
800-327-5071
 (services provided by Workplace Solutions)

When you call, you will work with EAP professionals at Workplace Solutions who are trained, qualified and certified to provide . . .

<p>. . . counseling and support in many areas, such as:</p>	<ul style="list-style-type: none"> • Drug problems – legal and illegal • Emotional, behavioral, social and mental health concerns • Everyday stress/pressures – work, family, relationships and others • Changes – at work, home and elsewhere • Relationship challenges, conflicts, problems • Child and parenting concerns • Depression, feeling “down” or “blue” • Alcohol use, misuse and abuse • Frustration, anger, hostility • Care of seriously ill family members • Financial issues, managing money, credit, debt, etc. • Traumatic stress – disasters, crime, death of a loved one • Addictions – chemical, gambling, Internet and others • Violence – risks, warning signs, what to do • Suicide – risk, warning signs, what to do • Abuse – physical, verbal, emotional, sexual
<p>. . . assistance with various support options including:</p>	<ul style="list-style-type: none"> • Assessment – clarifying needs, concerns and options so that concerns can be addressed (This can be done by phone or in person at a time and place convenient to you.) • Short-term counseling – by phone or in person • Crisis intervention – work, family and other issues • Referral – for services beyond those offered through the EAP • Follow-up – to assure your satisfaction and best results
<p>. . . access to a wide spectrum of work/family resources like:</p>	<ul style="list-style-type: none"> • Infants and young children – full and part-time day care, in-home care placements, summer camps, child care for short term illness, back-up care • Youth – camps (resident, day, specialty), schools and school issues, child care for short term illness, college planning • Adults – day care programs, in-home care/support options, housing options, recreational programs, elder care planning, legal/insurance issues
<p>. . . and other services</p>	<ul style="list-style-type: none"> • Adoption assistance • Legal services • Financial services
<p>. . . with 100% confidentiality</p>	<ul style="list-style-type: none"> • All services are absolutely confidential in accordance with all professional ethics and State/Federal regulations. • Information will not be shared without your written consent. • Records maintained by the EAP counselor will never become part of your personnel records.