

Consultation services for managers

EAP staff is also available for management consultations on:

- Problems in the workplace
- Conflict resolution
- Morale

Seminars available include:

- Team/trust building
- The 7 Habits of Highly Effective People
- The 4 Roles of Leadership

Staff education and training:

- Stress management
- Effective communication
- Supervisor/manager training
- Critical incident stress debriefing (CISD)
- Transitions in the workplace
- Drug free workplace

EAP benefit information

For specific information about your EAP benefit, such as number of sessions allowed and the benefit period. Please call 800-784-CALL or 559-624-6027.



KAWEAH DELTA EMPLOYEE ASSISTANCE PROGRAM

1645 S. Court St.
Visalia, CA 93277

(559) 624-6027
(800) 784-CALL

Helping people get back to
work, health, and *life.*



**Kaweah Delta
Employee Assistance
Program**

A division of Kaweah Delta Health Care District

Get back to
work,
health
and
life.



What is an Employee Assistance Program (EAP)?

EAP is a free confidential, professional service available for those times when your personal problems seem to be taking control of your life and job performance. If needed, EAP may suggest additional resources.

Who is eligible?

You and your family members are eligible to receive assistance and counseling through EAP. Eligible family members include spouses, birth, adopted and step-children through age 19 or age 24 if qualified as a dependent.

How can EAP help me?

EAP provides problem evaluation, referral, and short-term intervention services for help in dealing with issues such as:

- Stress, anxiety, depression

- Divorce and separation
- Conflict in the workplace
- Care of elderly parents
- Alcohol or drug concerns
- Parent-child issues
- Family/Relationship concerns
- Grief and loss
- Financial problems
- Life change
- Illness/Disability
- Domestic abuse

Is it confidential?

EAP services are confidential and your right to privacy is rigidly protected. When you seek assistance, no one will be told that you are using the program. All applicable federal and state regulations concerning confidentiality of mental health and chemical dependency records are followed. The release of any information, including whether or not treatment occurred, can be authorized only by written consent of the patient or the patient's legal representative.

How do I use EAP?

- Please call 800-784-CALL or 559-624-6027 to make an appointment. You will be asked to briefly describe your problem, including your assessment of the situation.
- An appointment will be made with a licensed professional counselor at your convenience. Counseling services are available by phone consultation or by in-person appointments.
- EAP counselors are licensed specialists who have been carefully selected for their professional experience, reputation and expertise. Every member of our panel is a licensed social worker, psychologist or marriage, family and child counselor. EAP makes every attempt to select a counselor for you who will meet your needs and with whom you will feel comfortable.