


For convenient, confidential help,
call **901.683.5658**.

Visit us online at www.methodisteapcanhelp.org.

 /MethodistEAP



Here to Listen. Here to Help.
Here for You.



What is EAP?

The Methodist Healthcare **Employee Assistance Program (EAP)** provides free confidential, professional assessment, referral and brief counseling services to you and members of your household.

What types of problems?

The EAP can help with life's challenges.

- Started a new position and need help adjusting?
- Family have you frazzled?
- Want to talk about being a parent?
- Have you lost a loved one?
- Work got you losing sleep?
- Need help with time management and self-care?
- Would relationship counseling help?
- Want to talk about mental health issues?
- *And much, much more.*

Is it confidential?

The EAP is confidential. Information can only be released outside the EAP:

- with your written consent
- when required by law

What is the cost?

EAP is free. It is paid for by your employer.

How does it work?

You or any members of your household may call the EAP at **901.683.5648** or toll-free at **1.800.880.5658** to schedule an appointment with an experienced, licensed counselor. All eligible clinical staff are Certified Employee Assistance Professionals.

Our main office location in East Memphis is available Monday through Friday from 8 a.m. – 6:30 p.m.

In-person and telehealth appointments are available based on your preference.

In crisis situations, a counselor can be reached 24 hours a day, seven days a week by calling the phone number above.

Let the EAP work for you.
We Can Help.