



Wheeler

EMPLOYEE ASSISTANCE PROGRAM (EAP)

March 2024



- ◆ Mindfulness ◆
- ◆ Time Management ◆
- ◆ Work Stress ◆

At some point, most of us experience challenges that affect the quality of our lives at home and at work. The **Wheeler Employee Assistance Program** is a confidential counseling program that offers employees and their family members with assessment, brief solution-focused counseling, and referral services. Wheeler's EAP is an employer sponsored benefit that is offered at no cost. If you are referred to a treatment resource beyond the EAP, there generally will be costs involved. Some of these costs may be covered by your medical insurance plan.

When you call the EAP, you will receive information, support and assistance in scheduling an appointment with a licensed mental health professional at a location and time that is convenient for you. Our goal is to help you and your family members overcome obstacles that may interfere with your job, health or general well-being. Call Wheeler EAP anytime at **1.800.275.3327**. Visit us at www.wheelerclinic.org/eap.

Wheeler Employee Assistance Program

Confidential Assessment ◆ Solution-Focused Counseling ◆ Referral Services

1.800.275.3327