

KNOW YOUR BENEFITS.



Employee Assistance Programs (EAPs)

Employee productivity is important for any business' success, but sometimes employees are too overwhelmed by personal or behavioral problems to perform at their highest level. High stress, psychological problems, substance abuse, legal troubles and other personal issues can lead to lower productivity and focus during work, increased absenteeism and higher health care costs. An EAP can address these issues and help employees tend to their personal needs.

What Is an EAP?

An employee assistance program is an employer-sponsored program that offers services to help you deal with personal problems. EAPs can help reduce your health care and disability

claims, increase employee productivity and morale and lower absenteeism.

What Do EAPs Cover?

EAPs can vary from employer to employer, but most have common elements. Some programs are limited and stick to alcohol and drug abuse, but many programs offer expanded services that address a variety of areas.

Typical issues addressed include:

- Alcohol or substance abuse
- Smoking cessation
- Divorce/marital problems
- Stress management
- Crisis intervention
- Child care
- Eldercare

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- Eating disorders
- Gambling addiction
- Psychological or psychiatric problems
- Financial problems
- Legal problems

An EAP can help employees tackle issues before they become more serious and difficult to manage. For more information about EAP programs or how to get started, please contact Austin Benefits Group: 248.594.5550.

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