



## EMPLOYEE ASSISTANCE PROGRAM

The **Shelby County Schools Employee Assistance Program (EAP)** is available to all employees and eligible dependents

The EAP provides confidential assessment and short-term, professional counseling services for personal problems that interfere with everyday living. Services available to you include:

### Counseling Services

Up to **THREE (3)** face-to-face sessions provided for issues such as:

- Grief and loss
- Coping with change
- Marital/family issues
- Interpersonal relationship difficulties
- Stress-related problems
- Referrals to other professionals when necessary

### Work/Life Services

- **Unlimited Telephonic Coaching:** scheduled telephonic sessions for non-clinical work-life issues such as grief, change, relationship issues, and stress.
- **Eldercare Support Services:** referrals for eldercare; resources and materials on retirement, housing concerns, grief and loss, disaster support, Medicare/Medicaid, and respite.
- **Legal Counseling Services:** a free, comprehensive legal consultation with access to a 25% discounted rate for future services. (These services do not apply to employment issues.)
- **Financial Counseling Services:** a free session with a certified financial professional with access to a 15% discount for future services and/or local community referrals to other financial advisement resources.
- **Community Support Resources:** access to referrals to thousands of community resources including 12-step groups, community mental health agencies, support groups, and more.
- **Online Services:** the American Behavioral website allows you to navigate services offered, locate a provider in your area, take surveys, and much more.

### Personal Advantage

Personal Advantage is a work-life website that contains more than 20,000 articles and interactive resources for topics such as emotional well-being, family life, health, financial, legal, personal growth, and stress. Some popular items on the website include personal development trainings, downloadable will kits, financial calculators, and parenting articles.

Visit [www.americanbehavioral.com](http://www.americanbehavioral.com) and click on **Member Login**. To register, use company name **ShelbyCountySchools** to create your username and password.

For more information or to schedule an appointment, please call  
American Behavioral at 800-925-5327.