What services are available through an EAP?

EAP counselors typically provide assessment, support, and referrals to additional resources. The issues for which EAPs provide support vary, but examples include:

- occupational stress
- emotional distress
- major life events, including births, accidents, and death of a loved one
- health care concerns
- family/personal relationship issues
- work relationship issues

Benefits to employers may include:

- lower medical costs
- reduced turnover and absenteeism
- higher employee productivity

Family Counseling of Columbus provides assessment, evaluation, and short-term, goal-directed counseling services.

- Effective counseling can improve an employee's ability to handle or cope with marital, family, and other interpersonal concerns.
- Counseling can also enhance awareness of personal needs, feelings, and goals.
- Benefits of counseling may include increased maturity, improved self-esteem, and increased personal happiness.

If your company is interested in more information or scheduling a meeting to discuss EAP services offered by Family Counseling of Columbus, please contact:

Rachel Snipes, LPC, CPCS, ACS
Family Counseling of Columbus
The Family Center
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www.thefamilyctr.org

What is an Employee Assistance Program (EAP)?

An EAP is an employee benefit program offered by many employers. EAPs are intended to help employees deal with personal problems that might adversely impact their job performance, health, and/or well-being.

EAPs generally include short-term counseling and referral services for employees (and sometimes their household members).

Supervisors may also refer employees (supervisor referral) based upon unacceptable performance or conduct issues.

Family Counseling of Columbus is a program of The Family Center, a 501(c)3 non-profit organization.

Office location:
1350 15th Avenue
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Phone: 706-327-3238

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we can help

Family Counseling of Columbus can help with your Employee Assistance Program

THE FAMILY CENTER
WHERE FAMILIES MATTER

Family Counseling of Columbus