



Employee Assistance Programs

In today's fast-paced world, it is sometimes difficult for employees to leave their problems at home when they come to work every day. An Employee Assistance Program (EAP) promotes employees' well being as they attempt to balance work and life. EAP's provide assessment of treatment needs, brief counseling, referral to the appropriate level of treatment, connection with external resources, and the appropriate follow-up. An EAP can provide early intervention before employee's concerns escalate to the point where treatment is urgent and costly. EAP's have also been proven to decrease absenteeism.

WHAT AREAS OF CONCERN DOES AN EMPLOYEE ASSISTANCE PROGRAM COVER?

- Work Stress
- Control Issues
- Parenting Problems
- Emotional Issues
- Communication Issues
- Alcohol Problems
- Depression
- Practice Issues
- School Avoidance
- Elder Care
- Gambling Addiction
- Drug Problems
- Anxiety Impulse
- Domestic Abuse
- Adolescent Issues
- Work Performance
- Sleep Problems

ALBERS & COMPANY, INC. works with many different insurance carriers that provide Employee Assistance Programs. In addition to providing 24 hours a day / 7 days a week, toll-free phone lines to speak with counselors, these carriers offer the ability for employees and their dependents to access information, use screening tools, make appointments online and more through the convenience of one's own computer. *What a better way to improve employee morale than by giving employees the tools to keep their lives balanced and in a way comfortable and confidential for them!*

A few of the Employee Assistance Program insurance carriers that ALBERS & COMPANY work in connection with are:

- [First Choice Health EAP](#)
- [Magellan Behavioral Health](#)
- [The Wellspring Group](#)

Suite 200
4733 Tacoma Mall Boulevard
Post Office Box 11207
Tacoma, WA 98411-0207
Phone: 253-272-2711 or
888-8ALBERS (825-2377)
Fax: 253-572-1499
askus@alberscompany.com
www.alberscompany.com

Have you looked into a NurseLine program? If not, you should. NurseLines are a wonderful complement to a group Employee Assistance Program.