

# Your Employee Assistance Program (EAP)

People can encounter life challenges, such as, problems with relationships, stress, depression, substance abuse, and financial and legal concerns. These can all have a significant impact on you and your family.

## WHAT IS AN EAP?

An employee assistance program is a benefit provided to you at no cost from Living Branches that offers services to help you deal with personal problems. You and your loved ones can get PROFESSIONAL and CONFIDENTIAL counseling through the *EAP* program to improve the quality of life for both you and your family.

## HOW CAN ST. LUKE'S PENN FOUNDATION'S EAP PROGRAM HELP?

### WHO'S ELIGIBLE:

Team members and immediate household family members who are 16 (Children ages 12 to 15 are eligible to participate in group family sessions) and older.

### WORK/LIFE SERVICES:

Confidential, professional counseling for:

- Stress-Related Problems
- Financial Problems
- Legal Problems
- Depression
- Marital/Relationship
- Children/Adolescents
- Parenting
- Family/Life Transitions
- Grief and Loss
- Alcohol and/or Drug Abuse

### ACCESS:

- 24/7 crisis telephone intervention service by Masters level counselors
- Free counseling sessions
- Quarterly Health Sentry newsletter

### LEGAL BENEFITS PLAN:

Reduced flat fees for:

- Will Development
- Powers of Attorney
- Living Wills

To learn more about St. Luke's Penn Foundation's Employee Assistance Program visit [www.pfeap.org](http://www.pfeap.org) or call 215.257.6556.

