



KGA Employee Counseling

Overview of Employee Assistance Program Services

What is an Employee Assistance Program?

- The EAP is a free and confidential benefit for employees or immediate family members that offers access to counseling for any type of personal problem or concern.
- The benefit provides up to 3 visits per problem with a counselor (6 visits for sworn police officers).

KGA's EAP Provides:

- **Counseling** In-person, phone, video or message-based sessions to help resolve emotional and mental health issues
- **Crisis** Immediate intervention for depression, anxiety, substance misuse and risk of harm to self or others
- **Convenience** Referrals for services ranging from pet sitting and house cleaning to fitness classes and continuing education resources
- **Eldercare** Consultations and referrals to meet the needs of elders and the caregivers supporting them
- **Family** Referrals for childcare needs and support for parenting challenges. Access to family/couples counseling
- **Financial** Consultations with licensed professionals for debt management, budgeting and financial planning
- **Legal** Consultations with an attorney and referrals for most legal issues
- **Nutrition** Consultations with a registered dietician on weight management, food allergies, children's nutrition and other dietary needs
- **Stress** Assessment of stress level and techniques/tips for managing stress
- **Work** Support for work stress and consultations for career exploration

Who Is Eligible?

- All full-time and permanent part-time employees
- Spouses, partners, significant others and dependent children



What Will It Cost Me?

- Meetings with your EAP counselor are free
- Additional professional assistance may be recommended
- Most medical costs are covered by your group insurance



Types of Problems?

- Family problems
- Alcoholism
- Anxiety
- Drug abuse
- Financial worries
- Emotional difficulties
- *Stress*





EAP Procedures

- Contact EAP by phone, email, website or mobile app
 - Interview & Assessment
 - Referral
 - Follow-up
 - Confidentiality
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Exceptions to Confidentiality

Confidentiality is not absolute. There are three distinct and relatively rare situations where the law requires disclosure:

- Neglect or abuse of a minor child or elderly person
- Intent to harm another person
- Intent to harm self

Summary of EAP services

- Available 24/7/365
- Free and confidential
- For employees and immediate family members
- 3 visit assessment and referral (6 visits for sworn police officers)

KGa Employee Counseling

Employee Assistance Program

Call: 1 - 800 - 648 - 9557

Website: My.KGALifeServices.com

Email: info@kgreer.com

Download App: KGa Mobile