

## What are some of the areas EAP can help me with?

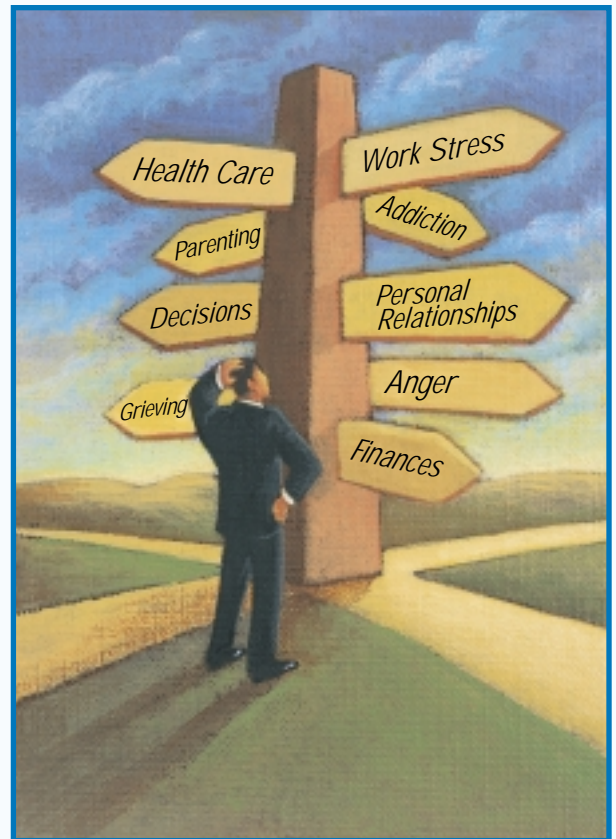
- Personal relationships
- Work stress
- Emotional conflicts
- Health care resources
- Parenting
- Transitions
- Decision making skills
- Aging parents
- Teenage adjustment
- Dealing with anger
- Drug and alcohol interventions
- Women's issues
- Men's issues
- Addictive behaviors
- Financial prioritizing

**Finding solutions through counseling is the first step toward reaching your goals. EAP is here to help.**

### For further information, contact:

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# Employee Assistance Program (EAP)



## What services does this program provide?

- Free, confidential counseling sessions
- Referrals to competent professionals
- Updates on health issues
- Seminars on work and family

## When should I call EAP?

- Call EAP when you first recognize that a personal, financial, emotional or other stressful situation is beginning to interfere with your ability to do and be your best.

## What will happen when I call the EAP number?

- Your call will be answered by the director or you will have an opportunity to leave a message, letting the director know when you wish to be called back.
- The director may be able to help you at the time of the phone call or she may suggest that you make a convenient appointment with her.



## How do I reach EAP?

- Call 1-(973)-596-3293.
- E-mail [conrad@njit.edu](mailto:conrad@njit.edu)

## How confidential is the program?

- Your statements and any records, referrals, diagnosis or treatment are maintained confidentially by EAP.
- No information about you will be released without your written consent unless:
  - you tell us that you intend to hurt yourself or another; or
  - you have damaged or intend to damage school property; or
  - you confess to or are observed abusing a child.

In these situations (and only in these situations), state and/or federal law requires us to file certain reports.

## What is the purpose of confidentiality?

- If you are to receive accurate information, you must have the confidence to be open and honest.
- EAP personnel recognize that honesty demands respect.