

What is an employee assistance program?

Your employer recognizes that you, like many other people, may experience personal problems. Because your employer values you, as well as the work you do, a confidential, professional service of the Behavioral Medicine Consultants Employee Assistance Program is available to you and your family to help resolve these problems. We also help supervisors deal with employees who may be having trouble at work due to personal problems.



Stress, marital issues, alcohol or drug abuse, financial problems— no problem is too big or too small. Whether yours is a minor difficulty, or a major obstacle, we provide the professional help necessary.

Usually people will resolve these issues themselves, but sometimes professional help can make a difference between early resolution and a long period of struggle.

What about work-related problems?

The service is not designed to handle problems such as disagreements with your supervisors, raises, transfers, and promotions. These situations will be handled within the established personnel structure, many times, however, by dealing with outside stress, work-related problems disappear.

Why is my employer providing this service?

Employers know from experience that personal problems— even when unrelated to work— can adversely affect your job performance and career progress. Both you and your employer will benefit from this program.

How do I make an appointment?

It's easy. Call (732) 356-5665. Remember, all calls are strictly confidential and free of charge. We are available 24 hours a day 7 days a week.

We're here for you.

How does the program work?

Your employee assistance program is a benefit provided by your employer for **you and your immediate family members.**

You or a family member may call Behavioral Medicine Consultants and ask for a counselor. An appointment will be arranged where you can talk **freely and confidentially.**

Your employer and co-workers will have no knowledge of your request for help.

Supervisory Referral

If poor job performance is a problem, your supervisor may refer you to the EAP to determine if personal problems are the cause.

In this situation your supervisor is given only the following facts:

- * Whether or not you keep the appointment.
- * Whether or not you are following the advice of the counselor

