

Bellin Health

Employee Counseling and Support Program (EAP)

What is EAP?

Bellin's EAP is a good place to start for guidance on life issues that take time and focus away from work. We'll listen to you, assess the situation, and provide you with counseling or resources that fit your needs. The program's goal is to keep valuable employees healthy and productive through prevention, early intervention and brief solution-focused assistance.

The nature of your issues(s) and discussions with the counselor are kept confidential. Information will not be released to anyone, including your employer, without your written permission. Using the EAP does not become part of personnel or medical records. Special care is taken to protect your privacy. The only exception is in a life threatening situation or where required by law.

Bellin's EAP is of NO COST to you

Because Bellin values you and your health, up to 8 FREE counseling sessions per immediate family unit are provided each calendar year as part of your Bellin employee benefits. If we refer you to an outside resource for additional support, we'll advise you about potential costs and whether they may be covered by your insurance.

Why Should I Use This Program?

There are times when we experience personal difficulties. In most cases, we are able to resolve them ourselves, but sometimes they are more serious and begin to interfere with other areas of our lives. What may seem like a burden to one person may be lightened when it is shared with someone who can be understanding but objective. An EAP counselor is trained to assist you and knows where to find help.

Bellin's EAP counselors are professional, experienced clinicians. All of our counselors have Master's degrees in either Social Work or Counseling and are licensed by the State of Wisconsin.

What Types of Issues Do EAP Counselors Work With?

Concerns may surface at work, at home, or at school. They may involve you, or may affect your relationships with family, friends or co-workers.

Typical issues include:

- Depression
- Stress Management
- Anxiety
- Family & Personal Relationships
- Work Stress or Conflict
- Substance Abuse
- Grief
- Abuse

What Else Does EAP Offer?

Educational programs, trainings, small group conflict management, team leader consultation, resources and information.

Topics of programs include, but are not limited to:

- Eating Issues/Disorder
- Stress Management
- Team Building
- Managing Change
- Motivation
- Conflict Resolution
- Parenting Strategies
- Positive Thinking

Contacting and Using EAP is Confidential

For an appointment or information, call 920-433-7433

What Happens After I Call?

An appointment will be scheduled with the EAP Counselor. During the first meeting, the EAP counselor will assess the situation and jointly decide with the client the appropriate course of action based on the assessment. Dependent on the need, the client may continue to receive services from the counselor or be referred to other resources.