

EAP BENEFIT REMINDER



Perrysburg Schools **EMPLOYEE ASSISTANCE PROGRAM** (EAP) is a *no cost benefit* provided to all employees and eligible dependents. This benefit provides *confidential* access to *solution-focused* counseling and motivational coaching support to help you manage life stressors and challenging issues.

Lighthouse EAP can help you be your personal best.

- Relationships & Family Communication
- Managing Stress and Change
- Coping with Grief and Loss
- Substance Abuse Cessation Support
- Managing Anxiety and/or Depression
- Life Transitions & Major Decisions
- Workplace Communication
- Parenting / Child Behavioral Learning
- Balancing Work/Life Responsibilities
- Caregiver Challenges and Support
- Coping with Diagnosed Illness/Pain
- Goal Setting / Motivation / Action Plans
- Trauma / Critical Incident Support
- Anger Management / Domestic Violence

Your Lighthouse EAP benefit includes:

- ▶ **Confidential and Professional** Short Term Counseling and Life Coaching
- ▶ Up to **3 no-cost sessions** per presenting issue(s), per program year
- ▶ **24/7 Crisis Support** – professional guidance when you need it most
- ▶ **Household Coverage** includes Spouse/Partner, unmarried dependent child under age 26
- ▶ **Accessible Providers** (near work or home) for in-person, phone or video sessions (scheduler will help identify a convenient and appropriate location for you)



Lighthouse EAP
419-475-5338 or 800-422-5338

Solution-Focused Counseling, Coaching, Referrals, and 24/7 Crisis Support