

Employee Assistance Program For Portage Public Schools



Human Capital Resources, Inc.



When You Need Somewhere To Turn...

When personal stressors weigh you down, sometimes it seems like there's nowhere you can turn for help. But you should know that there is somewhere to turn...

...The E A P

We Understand That It's...

- ☛ Difficult to seek and accept help from others
- ☛ Yet, it's more difficult to face problems alone

EAP Designed To...

- Help you and your household members face and resolve a variety of personal Issues
- Trained professionals are ready to listen, provide support, and problem resolution assistance

Key Elements...

- Confidentiality
- Voluntary
- All employees and household members are eligible
- Help-line 24 hours a day
- 1 appointment at no cost to you & household

Work-Life Services

- ☛ Nurse Advice-Line (**1-866-325-3171**)
available 24/7 telephonic health related assistance from Registered Nurses
- ☛ Acupuncture
- ☛ Financial consultation
- ☛ Legal Consultation

When To Call The EAP...

- ☛ Marital & Family Conflicts
- ☛ Emotional Distress
- ☛ Elder & Child Care Issues
- ☛ Health Related
- ☛ Alcohol & Other Drugs Abuse
- ☛ Stress & Anxiety
- ☛ Financial & Legal Difficulties

How To Use The EAP...

- ☛ Just call **1-888-381-2192**, it's toll free
- ☛ Talk with the help-line worker
- ☛ If you decide you wish to talk with someone in person, arrangements will be made





Benefits Of EAP...

- ✔ Quick access to help
- ✔ Convenience with seeking Problem resolution
- ✔ Professional assistance
- ✔ Restore personal well-being
- ✔ Commitment to helping you!

Administered by Human Capital Resources, Inc.