



Southwest EAP

Southwest EAP, your Employee Assistance Program (EAP) counseling program offers a **confidential** service designed to help employees and their families with personal or work related problems. Southwest EAP provides assessment, short-term counseling, problem-solving assistance, referral if needed and follow-up services. **Basically, you and your family have access to free, confidential and professional counseling.**

Southwest EAP can help in such areas as:

- Stress Management
- Emotional Issues
- Depression and Anxiety
- Alcohol and Drug Use
- Workplace Conflicts
- Interpersonal Conflicts
- Career Concern
- Job Stress
- Family Problems
- Child/Adolescent Issues
- Marriage/Relationship Issues
- Eating Disorders
- Legal Trouble
- Grief or Loss Issues
- Budgeting/Financial Matters
- Eldercare Resources

Basically, anything that is having a stressful impact on your life.

Eligible Participants

No need to sign up, all employees, dependents and household members have confidential access to EAP services as a benefit of employment.

Confidential

Your contact with Southwest EAP is strictly **confidential**. Your job security or chance for promotion will not be affected by your use of the EAP. The EAP will not release information concerning your issue or involvement with us to your employer or family without your prior written consent. The exceptions, as required by law, are cases where clients express the intention of harming themselves or others, or the mandated reporting of child or elder abuse.

Cost

Nothing! The EAP is provided by your employer. There is no cost for services. Assessments, counseling, education, referrals and follow-up are all **FREE** to you and your family.

Getting Started

Using the EAP is easy; simply give us a call at one of these numbers: **501-663-1797 or 1-800-777-1797**

Appointments are available from 8:00 am to 5:00 pm Monday - Friday. In addition, our phones are answered 24 hours a day, 7 days a week.

In case of emergency or crisis, call anytime. A counselor is always available.

Call between 8:00am and 5:00 pm to schedule appointments for counseling. Our trained staff will clarify your needs and schedule you with a face-to-face visit at a time convenient to you.

The important things to remember are that the EAP is Confidential, Free, Easy to use, and Ready to HELP.