



your EAP benefit

An employee assistance program for you and your family

EMPLOYEE ASSISTANCE NETWORK

Metropolitan Family Services

Metropolitan Family Services' Employee Assistance Program (EAP) is a free and confidential service provided to you at any time to help you maintain a healthy, balanced work and personal life.

finding wellness and balance

From time to time, you may need support for the life challenges that affect you at home or in the workplace. Whether for relationship issues, coping with aging parents, or various emotional, financial, legal or substance abuse concerns, you have a place to turn for help. Our services are staffed with fully licensed, caring professionals to ensure that you find resolution for a variety of personal issues.

About Metropolitan Family Services

For more than 150 years, Metropolitan Family Services has been a voice for individuals and families. With compassionate counsel and services for those struggling to overcome incredible challenges, Metropolitan makes a difference.



about the program



The **Employee Assistance Program** (EAP) is an employee benefit that provides consultation and counseling for you and members of your family. The service is staffed with trained professionals who are equipped to handle a

variety of concerns related to work or personal issues. The EAP can be reached 24 hours a day, 7 days a week. Appointments can be scheduled at a location convenient for you.

call today

For more information:

800 905 0994

services provided

A Comprehensive Approach

When you speak with a counselor, you will receive:

- A confidential, professional assessment of your situation to determine the best course of action
- Recommendations on how best to proceed with personalized attention
- Follow-up to ensure your problems have been resolved to your satisfaction

Resolve Personal Issues

- Relationship concerns
- Emotional issues
- Substance abuse
- Personal and workplace stress
- Legal matters
- Marital and parenting issues
- Financial problems
- Elder care concerns
- Depression
- Child care needs

confidential

The EAP services are confidential. No coworker, friend or family member will ever be made aware of your use of these services, without your written permission to release this information.



free services

Your EAP services are absolutely free. They are offered as an employee benefit at no charge to you or your family.

licensed professionals

All EAP providers are fully licensed in their field of practice.

EAP service is available throughout the United States and Canada. Referrals can be made to specialists for those who seek additional services.