

What is an Employee Assistance Program?

An Employee Assistance Program, or EAP, is designed to do just what the name says, assist employees. The EAP offers professional and confidential assistance to help you and your family identify and resolve problems that may arise due to grief/loss, marital, family, financial, alcohol, drug, legal, emotional, stress or other issues affecting your personal or work lives.

Why is an EAP offered?

Your employer recognizes that everyone experiences some personal problems at various times in life. These personal issues may make it tough for you to focus on work and may leave you with little energy to handle other aspects of your life.

Unresolved problems can interfere with relationships with others, job performance and personal happiness. This is where the EAP can help, giving you the confidential, qualified assistance you need during these challenging times.

Who is eligible for EAP services?

All employees, their spouses, and dependent children are eligible for EAP services. There is no cost to you or your family for use of EAP services. The EAP offers one diagnostic and assessment session and may include additional therapeutic sessions depending on your employer's plan. If assistance beyond the EAP services is needed, Family and Children's Services is available to help you access your mental health benefits through your health care coverage. Referral to other community resources is provided at no cost to employees.

Why Family and Children's Services?

Family and Children's Services (FCS) has over 75 years of experience helping individuals, couples, and families in the Midland area. FCS has committed itself to providing EAP services to area businesses and organizations in response to growing needs in the community. Therapists with graduate degrees and professional licensure provide services to clients. FCS has flexible hours to meet the needs of you and your family.

Office hours:
Monday through
Thursday

8 a.m. – 8 p.m.
Hours subject to change.

We're here to provide
help when you need it.

Will My Employer Know Who Is Using EAP?

No! The service is confidential. Information is not released concerning your participation unless you give written permission.

How do I access EAP services?

Simply call Family and Children's Services to request EAP services and schedule an appointment. You can call either (989) 631-5390. Appointment times are available to meet your needs whether during the day or evening.

When should I use EAP services?

When you are unable to resolve a personal issue or find yourself focusing on a problem during work time, consider using the EAP. No matter how small or large the problem may seem, we're here to provide help when you need it.



**family &
children's
services**
People Helping People Succeed In Life

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Hours subject to change.

1714 Eastman Ave.
Midland, MI 48640
(989) 631-5390
800-277-2831
www.fcs-midland.org

Contributions are welcome and are tax deductible to the fullest extent of the law.

Employee Assistance Program (EAP) Service

Help Available When You Need It



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