

Service with Care & Compassion

Who is eligible to utilize EAP's free services?

- ❖ U.S. DOD civilians.
- ❖ Supervisors of civilian employees
- ❖ Foreign National Employees (*where Status of Forces Agreements provide for medical services*).
- ❖ Retired Military personnel
- ❖ Retired Federal civilian employees
- ❖ Family members of eligible civilian and active duty personnel.

Methods of Referral:

- ❖ **Self:** Individual seeks assistance independently.
- ❖ **Informal Management:** Supervisor or commander may suggest that employee or family member seek assistance.
- ❖ **Formal Management:** Employees can be referred by a supervisor or commander due to declining work performance or concern over a family member's well-being.
- ❖ **Other:** Medical, Chaplain, or other community organizations.

Employee participation in the EAP is voluntary.

**Part of ASAP's mission is to:
Strengthen the overall fitness
and effectiveness of the Army's
total workforce...**

That means YOU!



EAP plays a vital role in ASAP's implementation of the Drug Free Workplace Act. However, EAP works towards a war against alcohol and substance abuse, not against people.

DSN Phone: (314) 467-3342/1710

CIV Phone: 09802-83-3342/1710

DSN Fax: 314-467-3528

CIV Fax: 09802-83-3528

USAG Ansbach ASAP
Katterbach Ksn, Bldg 5817 Room 237

A Little Help



When you need it!

USAG Ansbach



Employee Assistance Program

~ Care with Compassion ~

Managing Professional-Life, Family-Life, and Military Standards may Become Stressful!



Overwhelmed?

As you feel life's various problems piling up and becoming one big problem, it's comforting to have someone willing to listen and help find resolve.

Let's Talk!

Your EAPC is here to help you with any situation in life that is becoming a problem, whether personal or professional **free of cost**. You can feel confident in knowing that EAP services are **confidential** and will not jeopardize security for you, your family, or your employment.

Additional Resources

Often short-term sessions with your EAPC can help you gain control over your situation. If it is best that you are referred to another professional who specializes in your situation we can advise you of all options.

Results!

Do not hesitate to call! We can provide the help necessary to lead a happy, healthy, and productive life.

What kinds of problems can the EAP help to solve?

All types of work and life concerns, such as:

- ✓ Family or Relationships
- ✓ Work and Life Balance
- ✓ Conflict
- ✓ Life Changes
- ✓ Elder Care
- ✓ Alcohol and Drugs
- ✓ Addictions
- ✓ Domestic Abuse
- ✓ Sexual Assault
- ✓ Grief
- ✓ Trauma
- ✓ Stress and Anxiety Reduction
- ✓ Depression and other Issues
- ✓ Financial or Legal
- ✓ Parenting and Childcare
- ✓ Illness or disability

Your EAPC will assist you in overcoming any situation that is preventing you from being an effective person, employee, and family member.

Consultation and Education

Your EAPC provides training and educational opportunities for all federal employees and family members. The following education and awareness training programs are designed to promote a safe healthy community:

- ✓ Substance abuse and awareness
- ✓ Stress Management
- ✓ Balancing work and family
- ✓ Healthy lifestyle choices and skills development
- ✓ Risk Reduction
- ✓ Substance Abuse prevention training.

A Solution is within Your Reach!



How will my EAPC help to restore my situation?

The Employee

Your EAPC provides screening, short-term counseling, referral, follow-up services to employees and their families, consultation to management, and preventive education.

The Supervisor/ Management

Your EAPC is available to consult with managers and supervisors if the presenting problem is work related. Your EAPC can assist in problem-solving ways to work with a difficult employee in a compassionate and professional manner.

The Community

EAPs **increase morale** through resolve, **prevent problems** through education and training, and **provide resources** to help employees and their family members cope with a wide variety of issues.