



EMPLOYEE ASSISTANCE PROGRAM



You and your family members can receive professional, confidential counseling services at no cost by utilizing your Employee Assistance Program benefit.

We can all use professional assistance every now and then. Contact ERC, your EAP provider, when you are looking to resolve concerns that affect your personal health, family life or work life.

Your employer sponsors this program which means there is NO cost to you for counseling visits. There is no reason to pay out of pocket, spend your healthcare savings dollars or tap into your insurance benefit.



COUNSELORS & CONSULTANTS

24 HOUR ACCESS

EMPLOYEE ASSISTANCE PROGRAM

1-800-222-8590

APPOINTMENT SCHEDULING HOURS:

Monday - Friday, 8AM to 5PM

HOW TO USE YOUR EAP

CALL US

Just call to schedule an appointment or get connected with the services you need in a location convenient to you. **1-800-222-8590**

FACE TO FACE COUNSELING

Together you and your counselor will develop a plan to help you meet your goals and get back on track. There is no cost for these services.

ADDITIONAL SERVICES

Sometimes additional services may be recommended to best reach your goals. If an outside referral is made, your counselor will follow up to ensure you are receiving quality care.

CONFIDENTIAL

Services are strictly confidential and no identifying information is provided to your employer. ERC is HIPAA compliant and adheres to all state and federal laws.

WE ARE HERE FOR YOU

ERC is a phone call away. No one is immune from the stress that life can bring. You don't have to do it alone. ERC makes it easy and affordable to get the help you need, when you need it. **1-800-222-8590**

ERCINCORP.COM

Please visit our website for additional resources.

ERC - CONFIDENTIAL ASSISTANCE

WE ARE HERE FOR YOU

- Family and relationship counseling
- Stress management techniques
- Depression or other emotional concerns
- Alcohol/drug abuse or other addictions
- Grief and loss

1-800-222-8590 **ERCincorp.com**