

A nighttime photograph of the Chicago skyline, viewed from across a body of water. The city lights are reflected in the water. The letters 'EAP' are superimposed in a large, white, serif font across the middle of the image.

EAP

# Employee Assistance Program



City of Chicago  
Department of Human Resources



## **Employee Assistance Program**

- Professional
- Confidential
- No Fees
- Easy Access

**312-744-9711**

**TT/TTY: 312-744-5035**

# The Employee Assistance Program



The **Employee Assistance Program (EAP)** is ready to serve City of Chicago employees\* and their benefit-eligible family members with:

## **Confidential assessment, short term counseling and referral services.**

### *Our EAP professional staff can:*

- assist employees and eligible family members with personal problems that may impact job performance, family and social life;
- help eliminate costly consequences of personal problems that may affect productivity and efficiency, and cause increased absenteeism and accidents;
- provide City of Chicago employees with the opportunity to lead healthier, happier and productive lives to the benefit of all.

*\* Police and Fire employees are served by programs within their respective departments.*

## **Program Requirements**

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*You may utilize EAP services through:*

- self-referral
- referral by supervisor
- referral by your physician, fellow employee or a concerned family member



## Services Available

# EAP

Services include short term counseling, treatment and referral by professionals, as well as training and consultation for managers, administrators and supervisors.

Trained counselors can provide professional support and confidential assistance for a wide range of personal concerns including:

- Stress
- Relationship problems
- Family conflicts
- Marriage/Domestic partner problems
- Parent-child conflicts
- Alcohol and drug abuse
- Psychological difficulties
- Emotional problems
- Anxiety
- Depression
- Elder care concerns
- Compulsive gambling
- Financial referrals
- Death of a loved one
- Post trauma reactions
- Legal referrals

## Fees

This program is administered, free of charge, by the City of Chicago's Department of Human Resources. Participation is completely voluntary and Department of Human Resources policy assures your rights to confidentiality and professionalism.

Referrals to outside providers for treatment may be covered, all or in part, by the employee's individual health plan. This determination will be made at the time of initial inquiry.

## Confidentiality

Confidentiality is strictly maintained. Client information will not be disclosed without written consent or as required by law.