



## ***What Is An Employee Assistance Program (EAP)?***

Everyone has problems from time to time. Sometimes we can solve them alone; other times we need help. We tend to be blind to the problems we have making it difficult to know when we need that help. That's where an EAP provides the right kinds of guidance to solve personal and workplace problems. The Quantum staff is available to help with many lifestyle concerns.

## ***How Can Your EAP Help You?***

You and your household family members are encouraged to make use of the Quantum EAP. The program is offered to you at no cost, provides confidential counseling, and information services. Help is available through:

- *Telephone Assistance & Information*
- *Problem Assessment*
- *Individual & Family Appointments*
- *Goal Oriented Counseling*
- *Referrals When Needed*
- *Coordination With Medical Benefits*

The program is staffed by experienced healthcare professionals who are trained in helping you solve problems quickly and efficiently. All of us at Quantum are committed to helping you in a competent and sensitive way.

## ***Why Would You Call An EAP?***

*Family Relationships...*

*Marital Problems...*

*Work Problems...*

*Emotional Problems...*

*Alcohol & Drug Dependency...*

*Personal Growth...*

*Legal & Financial Matters...*

*Living With Anxiety...*

*Stress & Depression...*

## ***Is Your EAP Confidential?***

When speaking with a Quantum professional regarding personal issues that are troubling you, it's important to know that your confidentiality is protected. When talking with Quantum staff, information that is shared will not be communicated to anyone else for any reason without your written permission.

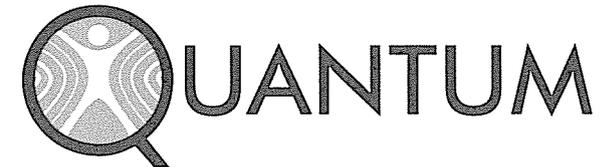
## ***How Do I Access Services?***

Your first step is taken by calling the toll-free number - **(877) 747-1200**. Quantum provides a national network for in-person services. Appointments are scheduled Monday through Friday during normal business hours and evenings by request and availability. If you need help, we are available 24-hours a day.

## ***How Can Employees Take Advantage Of This Program?***

We have a deep concern for the well-being of all our clients. We believe that through the early identification of problems and appropriate assistance, human suffering and financial loss can be kept to a minimum.

***Call for CONFIDENTIAL HELP. . .***



**NATIONWIDE ACCESS**

**1-877-747-1200**

- *Individual Therapy*
- *Family Therapy*
- *Marriage Counseling*
- *Legal & Financial Information*
- *Drug & Alcohol Treatment*
- *Divorce Counseling*
- *Counseling for the Elderly*
- *Child/Elder Care Information*
- *Supervisory Consultation*