

Will the counselors relate to what I am going through?

Yes! We are mothers, wives, fathers, husbands, grandparents. We have friends and family, and we live in the same communities where we serve. We have experienced the joys in life, and we have experienced sadness, heartbreaks and hurt. We have dedicated our lives to helping others. We are LCSW or LPC counselors who want you to experience the best version of yourself.

Setting up an EAP appointment is easy.

To schedule an EAP appointment with a Saint Louis Counseling licensed counselor for you or your family member, please call 314.544.3800 or one of our seven offices or visit our website: SaintLouisCounseling.org.

South Office

9200 Watson Road, G-101
St. Louis, MO 63126
314.544.3800

Union Office

Franklin Co. Family Resource Center
500 Clark Ave. | Union, MO 63084
636.583.1800

Herculaneum Office

1349 McNutt Street
Herculaneum, MO 63048
636.638.2203

O'Fallon, MO, Office

311 South Main, Suite 100
O'Fallon, MO 63366
636.281.1990

Florissant Office

1385 Harkee Drive
Florissant, MO 63031
314.831.1533

Bellefontaine Neighbors Office

10235 Ashbrook Drive
St. Louis, MO 63137
314.831.1533

Troy Office

#140 Professional Pkwy
Troy, MO 63379
636.528.5911

**National Suicide Prevention
Lifeline (24 hours, confidential):**

1.800.273.8255

SaintLouisCounseling.org | **314.544.3800**



Archdiocese of St. Louis Employee Assistance Program (EAP)



*Confidential, professional counseling that helps you
and your family experience the best versions of yourselves.*

What is an Employee Assistance Program (EAP)?

The **Archdiocese of St. Louis Employee Assistance Program (EAP)** is an internal program that provides **confidential, short-term mental-health and work/life management for you and your family**, if needed, at absolutely **no cost to you**.

All EAP counselors are licensed mental-health professionals, who have master's degrees or higher as well as extensive training in problem assessment, treatment and referral. The Archdiocese of St. Louis has contracted with **Saint Louis Counseling** (a federated agency of Catholic Charities of St. Louis) to provide comprehensive, professional, high-quality mental-health benefits to employees, their spouses and dependents.

How does the Archdiocesan EAP work?

By simply **making a confidential call to any of our Saint Louis Counseling offices** (see back of brochure), an **eligible employee or household family member** can access the following services:

Counseling

The EAP **provides up to ten (10) free, confidential sessions of counseling per problem, per year with a Saint Louis Counseling licensed therapist**. In many cases, this counseling is all that is needed to resolve the problem.

Assessment

Your EAP counselor will assess the nature of the problem and will develop a plan of action with you to best resolve it.

Referral Services

There may be times when your EAP counselor may determine that a longer term or more specialized care is necessary and will refer you to an outside therapist, treatment center or hospital that meets the requirements of your medical plan. Your EAP counselor will remain with both you and the provider to assure that you continue to receive quality care.

Crisis Situations

In crisis situations, call 9-1-1 or the National Suicide Lifeline, which is confidential and available 24 hours, 7 days a week: 1.800.273.8255

What types of problems do EAP counselors address?

EAP counselors help employees and their families deal with a **wide range of emotional- or mental-health issues**. Some of the most common include:

Family Problems

Parenting Issues

Marital/Relationship Conflicts

Emotional Concerns: Stress, Grief

Mental-health Conditions: Anxiety, Depression, ADHD, Bipolar Disorder, etc.

Work-related Problems

Referral for Alcohol/Drug Problems

Referral for Financial or Legal Issues

Who is eligible to use the Archdiocesan EAP services?

All EAP services are available to **employees of the Archdiocese of St. Louis who work 1,000 hours or more per year or educators who work half-time or more**. The services offered through the EAP are **available to all eligible employees, employees' spouses and dependent children**, who may use these services with or without the employee's participation. *Catholic Charities employees should check with your agency for eligibility requirements.*

How confidential is the EAP?

Confidentiality is totally assured for you and your family members. The staff of Saint Louis Counseling adhere to all federal and state guidelines regarding confidentiality and HIPAA laws. **Your employer and the Archdiocese will not be informed of your participation.** Information will only be released, if you choose, with your written permission, or in a life-threatening situation, or child abuse.

Where do I go for EAP services?

EAP services are provided at our seven **Saint Louis Counseling offices throughout the Greater St. Louis area**. See the back page for office locations.



OUR MISSION: *Guided by the teachings of Jesus Christ, Saint Louis Counseling supports healing and improved mental health for individuals and families of all backgrounds through professional counseling and psychiatric services.*

The Archdiocese of St. Louis Employee Assistance Program provides confidential, short-term mental-health and work/life management for you and your family, when needed, at absolutely no cost to you.

