

ucsvt.org
Building a stronger community since 1958.

Bennington:

100 Ledge Hill Drive, Bennington, VT 05201 | 802-442-5491

Manchester:

5312 Main Street, Manchester Center, VT 05255 | 802-362-3950

We respect **WOMEN**, **MEN** and **NON-BINARY** people • We value **BLACK LIVES** • We stand with our **LGBTQIA+ COMMUNITY MEMBERS** • We celebrate **CHILDREN** • We stand with **IMMIGRANTS**, **REFUGEES**, with **INDIGENOUS PEOPLES**, and **PEOPLES OF ALL FAITHS** • We support **INDIVIDUALS** and **FAMILIES** challenged by mental health, substance use and developmental disabilities.

We stand with our **COMMUNITY**.

HATE HAS NO BUSINESS HERE.
All are Welcome Here.



United Counseling Service (UCS) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex or other legally protected classifications.

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Struggling with a problem?

You and your immediate family members can get free, prompt, confidential help from UCS through your company's EAP.



What is an Employee Assistance Program (EAP)?

Your company's **EAP** is a free, confidential, offsite program that offers professional assessments and short-term interventions for personal and work-related problems. This program is designed to help employees and their families address personal problems that negatively affect their lives, job performance, or both, and, if needed, to direct them to resources that can help with longer-term solutions.



What kind of problems can my company's EAP help with?

EAP services are designed to provide confidential emotional support. Among other things, an EAP can be effective in assessing:

- **Anxiety and/or depression**
- **Marital difficulties**
- **Family problems**
- **Alcohol use concerns**
- **Drug use concerns**
- **Emotional difficulties**
- **Stress**
- **Grief/loss**

What are the goals of the EAP?

- **To assess** an individual or family member's situation and develop an **action plan**
- **To help employees** get the services they need

You are not alone.

Mental health is essential to everyone's overall health and wellbeing. Emotional difficulties and stressors are common and treatable.

Anxiety disorders are highly treatable, yet only **36.9%** of those suffering receive care.

21 million adults in the U.S. had **at least one** major depressive episode in the past year.

6.7% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2020 (17 million people).

Mental illness and substance use disorders are involved in 1 out of every 8 emergency department visits by U.S. adults (estimated 12 million visits)

Source: nami.org/mhstats

How does the EAP Work?

- **A request for help** may be initiated by an employee, a family member, or a supervisor.
- **A phone call is made** to a UCS Universal Access Coordinator at **802.442.5491**.
- **Strict confidentiality is assured** as referral information is taken and an appointment is set up with an EAP Counselor.
- **A personal, confidential assessment** is initiated, problems are reviewed, and an action plan is agreed upon
- **If further assessment or ongoing assistance is needed**, an EAP counselor will help set it up. Follow-up and support contact may be made by an EAP provider to ensure the plan is working.

What is the cost of my EAP?

This benefit is made available to you as an employee. **You have access to a determined number of free sessions**, which varies by plan. Should ongoing services be necessary, your health insurance may pay for most services; however, costs for ongoing care are the responsibility of the employee.

Please contact your human resources department or benefits officer for more information and details specific to your company's plan.