



The direction you need
to find your way



Indiana University Health

Employee Assistance Program

The Indiana University Health Employee Assistance Program, or EAP, is a program designed to help you and your family stay psychologically and emotionally healthy. EAP is a confidential counseling service that focuses on solving personal problems that may affect your work and your life. There is no life or work problem that is too big or too small to discuss.

Find your way with Indiana University Health Employee Assistance Program

Call EAP if you are facing any type of psychological or emotional issue. We're here to listen to your concerns and to provide the direction you need.

Some common reasons employees and their family members use EAP services include:

- Depression
- Workplace conflict
- Family and marital problems
- Stress and anxiety management
- Drug and alcohol abuse
- Grief and loss

Easy access

A simple phone call will get you moving in the right direction.

- 24-hour person-to-person phone access
- Availability seven days a week, 365 days a year
- Multiple locations available for face-to-face appointments
- Emergency appointments as needed
- Telephonic consultations

EAP experts help you get your bearings

The qualified and caring professionals of the Indiana University Health EAP clinical staff have a wide range of experience, with expertise in many areas of clinical work. Every EAP counselor is state licensed with multiple years of experience.

A benefit with lasting impact

The Indiana University Health Employee Assistance Program is a free service provided by your employer. It is available to you and your immediate household members. If a problem requires long-term care or clinical services beyond the scope of EAP, your counselor will help you find appropriate resources.



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T 317.962.8001

T 800.745.4838, ext. 2 (toll free)

Visit iuhealth.org/employee-assistance to learn more.

Confidentiality statement

There are strict federal government regulations to protect your confidentiality. No information will be released without your written consent. All records pertaining to EAP services are treated with the strictest confidence in accordance with Federal Regulation (42CFR) part 2.

In addition, using EAP services will *not* be recorded in your personnel record at work. Your security *will not* be jeopardized.

In the event that your employer requires you to contact EAP for assistance, EAP will notify the referring supervisor whether or not you keep your first appointment. After that, no further information will be shared without your written consent.

Although EAP professionals are trained to protect your confidentiality, they are also trained to protect lives. In accordance with the law, EAP counselors adhere to the following exceptions to strict confidentiality:

- An EAP professional must act if he or she has reason to believe that an employee is suicidal, homicidal or gravely disabled.
- An EAP professional must report child abuse or the abuse of an elderly dependent.
- An EAP professional must respond if served with a subpoena; if a disclosure relates directly to the circumstances of a homicide; or if a lawsuit for malpractice is filed against the professional.
- An EAP professional may disclose information to protect against criminal acts, if he or she has reason to believe that a threat has been made or an illegal act committed against the employer, EAP staff or their premises.

Contact information:

Indiana University Health Employee Assistance Program

Call to find a location near you.

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