

Using Your EAP Benefits

Your Employee Assistance Program, or EAP, is an important and helpful benefit provided to you by EKU. It provides free and confidential “counseling” to you if you run into a difficult period in your life.....or to your family members if they run into a difficult period. It might be because of personal stress, relationship issues, financial problems, conflict, anger issues, parenting – or even something you can’t really put a name on. Don’t worry about what to call it. Call your EAP; it’s easy.

You just call one of the numbers below and give your name, EKU, and ask for an appointment. If a family member wants to call, they just need to say you work for EKU. You or that family member will then be set up with a time and date to talk to one of the EAP counselors at a convenient location. You don’t have to live in or drive to Lexington or Louisville to use your EAP. They can work with you to set up EAP visits closer to where you live and work.

Remember, this doesn’t mean you are “crazy” or that there’s something wrong with you. Everybody has “problems of daily living” at some point, and talking to one of the EAP counselors might turn out to be really helpful.

(859) 224-2022 or toll-free at (800) 455-5579
Behavioral Medicine Network