LifeSpring EAP

Since 1983 LifeSpring EAP has helped employers retain valuable employees, enhance productivity, and improve organizational performance.

Sometimes life’s problems are too big to handle on your own. If you or an eligible loved one are struggling with a personal or work related problem, LifeSpring EAP can help. Through direct service or a referral to another provider, our mission is to help!

Call today for a consultation with a Master’s Level therapist who can help you determine your goals and assist you with developing a plan of action.
An **EAP** is a confidential program that helps employees and eligible family members address personal or work related problems.

**Services Include:**

- **Personal Consultation with an EAP Counselor**
- **Assessment for community resources**
- **Brief counseling**

Counseling focuses on, but is not limited to:

- Family conflict
- Child and elder care challenges
- Stress management
- Marriage/personal relationship issues
- Divorce or separation
- Job problems
- Illness or death in the family
- Medical, legal, and financial concerns
- Alcohol and drug abuse/dependence
- Emotional issues such as depression, stress, and anxiety

**What are EAP Programs?**

**Your EAP Benefit:**

Please check with your company’s Human Resource Department for further details specific to your company.

**What does the EAP cost?**

Your employer has provided short term assessment, counseling, consultation and referral services for you and your family. When necessary you may be referred to services that go beyond the scope of EAP. Charges for services outside of the EAP are your responsibility or may be covered by your eligible insurance benefits.

**How Confidential is the EAP?**

No information, including your name, can be released without written consent. The only exception is those required by law such as the duty of counselors to warn someone of a serious threat or the mandated reporting of child or elder abuse.

You may be seen at one of LifeSpring’s Western Division offices which includes 5* convenient locations:

- **Jasper:** 812-482-3020
- **Rockport:** 812-649-9168
- **Tell City:** 812-547-7905
- **English:** 812-338-2756
- **Paoli:** 812-723-4301

*NOTE: if you do not wish to be seen at LifeSpring for any reason OR if you or an eligible dependent live outside of Southwestern Indiana, contact Angela (ext 1247) or Jessica (ext 1209) at 812.482.3020 or by email: eap@lifespringhealtsystems.org. They will connect you to an affiliate EAP provider.*