

EAP

Employee Assistance Program

An Employee Assistance Program (EAP) is a mental health benefit offered to you and your family at no cost. We have contracted with more than 40 counselors in Guadalupe, Bexar, Comal, Hays and Travis counties to serve you. Each year, EAP offers six free counseling sessions per problem, per family member. Call us and we can arrange for you to see a counselor whose specialty is appropriate for your needs.

Common Concerns

- ✓ Overwhelming Stress
- ✓ Anxiety and Depression
- ✓ Drug and Alcohol Abuse
- ✓ Parenting and Adolescent Issues
- ✓ Marital Conflicts
- ✓ Relationships
- ✓ Emotional Pain
- ✓ Spiritual Conflicts
- ✓ Workplace Conflicts
- ✓ Grief
- ✓ Legal
- ✓ Financial
- ✓ Anger
- ✓ And More...

How do I make an appointment?

Call the Help Line at 830.379.1010 or 800.246.1010 and a licensed counselor can help you locate or schedule with a clinician. If you are not satisfied with your counselor, notify the Help Line and we will assist you in locating another counselor.

Who will know I went to an EAP Counselor?

No one. Your confidentiality will be protected. Your employer will only be told the number of people who called or came in to see a counselor every month. However, if you want to give us written permission to speak with your employer, we will. The only exception is a mandatory supervisor referral.

How bad does it have to be to see an EAP Counselor?

If you feel like talking, we're here. Don't wait until it gets "bad enough". As with any problem, the worse it gets, the harder it is to resolve.

24 Hours / 7 Days a Week

830.379.1010

800.246.1010

Provided under the direction of:

Guadalupe Regional
TEDDY BUERGER CENTER

