

# Memorial EAP Counseling Services

Everyone, from time to time, experiences difficult situations that can affect our well-being. Sometimes these struggles can interfere with our relationships, our ability to self-care and our professional lives.

## Expertise and compassion

To assist their colleagues with personal struggles, Memorial Health has implemented Memorial Employee Assistance Program (EAP). Memorial EAP was developed to help colleagues and their loved ones work through the difficult times we all experience and decrease their impact on our comfort and well-being.

Memorial EAP provides all colleagues, spouses and dependent children aged 26 years and younger with six free counseling sessions per problem area, per calendar year. Memorial EAP offers counseling services by trained professionals with experience in a wide variety of areas. Our counselors specialize in solution-focused care based on the colleague's expectations and needs. The Memorial EAP counseling team includes licensed clinical social workers and licensed clinical professional counselors.

## Support when you need it

Counseling services will be provided via video, telephone or face-to-face sessions and will include the assessment and treatment of behavioral health concerns to improve overall behavioral health and mental well-being. With permission, we can include the patient's loved ones or other treatment providers in their care. Behavioral health services can be utilized to address the following areas of concern:

- Relationship concerns
- Family struggles
- Personal/emotional concerns, including grief
- Behavioral health diagnoses
- Stress
- Work-related issues
- Trauma
- Substance use

These services are highly confidential and all behavioral health providers will follow all applicable state and federal laws regarding confidentiality and comply with HIPAA standards pertaining to Protected Health Information when applicable. Any information regarding counseling services can only be shared with written approval. Memorial EAP services are not documented within electronic health records to ensure privacy is guarded.



217-788-9345



Available 24/7



[memorial.health/MemorialEAP](https://www.memorial.health/MemorialEAP)