

## **Employee Assistance Program Group Discount**

The price of health and many other benefits keep going up. Employee Assistance Programs (EAPs) are an inexpensive benefit to provide to full and part-time employees. Under EAP's immediate family members are automatically covered. Through the Lewis & Clark Library System, group rates are available based on the total number of participants. EAP participation fees range from \$2.50 - \$5.00 per month per employee depending in the total number of participants. For further information about joining the LCLS group, or to try the service free, contact Juliette Douglas at 618.656.3216 ext 108 or [juliettedouglas@lcls.org](mailto:juliettedouglas@lcls.org).

What is an [Employee Assistance Program \(EAP\)](#)? Around for decades, an EAP service provides counseling to employees and their immediate families, helping employees deal with personal problems that might adversely impact their work performance, health, and well-being. Counseling is provided in such areas as child & elder care, legal issues, financial service, and health coaching (weight management, smoking cessations, stress management, chronic health conditions). Additionally some educational and training seminars are provided without additional charges.

Confidentiality is maintained in accordance with privacy laws and professional ethical standards. In most instances, employers do not know who is using their EAP services. Supervisors can also use EAP services to discuss workplace behavioral/performance issues with trained counselors. In some circumstances, an employee may be advised by management to seek EAP assistance due to job performance or behavioral problems which could result in limited information being provided to the supervisor.