

EMPLOYEE ASSISTANCE  
PROGRAM  
SERVICES OFFERED



- Certified Employee Assistance Professionals
- Confidential Source of Help
- No Cost to Employees or Families
- Face to Face Counseling (Not a 1-800 number)
- Workforce Focus
- Easy Access 24/7 On-Call Telephone Response
- Evening Appointments Available
- High Quality Standards
- Convenient Office Locations
- Training for Employees & Managers

Workplace Assessments & Counseling  
Services

# Workplace Assessment & Counseling Services

*Employee Assistance Program  
Services Coordinated by:*



WORKPLACE  
ASSESSMENT &  
COUNSELING SERVICES

*Employee Assistance Program  
Services Coordinated by:*

*Regina Roberts, LCSW, CEAP, MAC*



o OFFICE LOCATION

**2401 Dutch Valley Drive  
Knoxville, TN. 37918**

**PHONE: (865-281-8558)**

## CAN COUNSELING HELP?



Things happen in life that are normal ...loss of a job, or a home, or an important relationship...emotions and feelings that seem overwhelming...challenges of parenting and family life...troubling relation-

difficulties at work... we all face them...but they are difficult.

When these things happen to you, it doesn't mean you are "mentally ill."

These things happen to everybody. The assistance of a professional Counselor can help.



- Personal problems affect 18% of employees resulting in a 25% reduction in productivity.
- One in four employees miss work because of stress problems.
- Research indicates that professional mental health treatment reduces medical utilization by 60% .

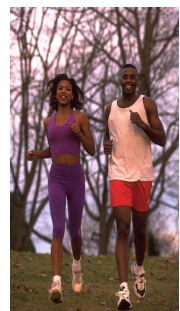
### Counseling Services:



Include individual, marital, family and/or group therapy from ages ranging from preschool to the elderly. Counselors specialize in a variety of areas such as: (Substance Abuse, Marriage & Family, Depression/Anxiety, Parenting, Grief & Loss, Chronic Pain etc.).

### Wellness & Prevention Services:

Educational services include presentations on a variety of subjects related to the family or work setting. Examples of such areas might be: Parenting/family life, Conflict Resolution, Anger Management, Elder Care, Stress Management, Healthy Habits, Retirement Planning, Divorce Recovery , Step-Family Issues, Communication Skills & Time Management.



They include such issues as problem solving between a counselor and management personnel about an individual employee concerns, small group training meetings with managers on specialty topics. (Sexual Harassment, Dealing with Change, Team Building, Supervisory Referrals, Performance issues, Racial Sensitivity & Violence in the Workplace, Drug Free Workplace)



### Crisis & Referral Services:

Crisis & referral services include twenty-four (24) hour/365 days per year on-call telephone service. Providing short-term crisis intervention, critical incident stress management debriefing and referral assistance within employees insurance network for long-term counseling, if appropriate.

