



Memo

To: All Peaceful Living Staff
From: Human Resources
Date: February 24, 2017
Re: Employee Assistance Program

This memo is a friendly reminder about one of the benefits Peaceful Living offers to **ALL** of its employees, the Employee Assistance Program (EAP).

What is EAP?

- EAP is a program dedicated to the well-being of a business's employees – YOU!
- Employees who are emotionally healthy are better workers. They tend to work well with others and deliver a quality service
- EAP strives to meet employee needs by providing counseling, training, HR and management support, crisis intervention, and legal discounts.

Some reasons employees utilize EAP:

- Anxiety
- Depression
- Communication skills
- Coping with major life changes
- Drug and/or alcohol abuse
- Grief
- Marital discord
- Parenting

How does EAP work?

- Each employee is entitled to **6 FREE confidential** sessions.
- These sessions can be used by you or by a family member who lives with you.
- You meet with a therapist to discuss the best course of action.

What to expect when you call 215.257.6556 or 1.800.616.9248?

- You will receive a live person between the hours of 8a-9p M, T & TH and 8a-5p on W & F.
- You will be asked to provide a few pieces of information.
- You will then schedule the appointment based on where you live.
 - The locations are listed on the attached page

We truly hope that you take advantage of this *free* benefit that is being offered. If you have questions about EAP please feel free to contact Human Resources at 610-287-1200 or humanresources@peacefulliving.org

Locations of EAP providers

Allentown	Mt. Carmel
Ardmore	Mt. Gretna
Bala Cynwyd	Mt. Pocono
Bangor	Narvon
Barto	New Bloomfield
Bath	New Castle
Berwyn	New Cumberland
Bethlehem	New Hope
Chambersburg	Newtown
Collegeville	Newtown Square
Devon	North Huntingdon
Doylestown	North Versailles
Easton	North Wales
Emmaus	Northampton
Fleetwood	Oxford
Fourtown	Pen Argyl
Fredericksburg	Perkiomenville
Greensburg	Philadelphia
Hanover	Phoenixville
Harrisburg	Pottstown
Hellertown	Pottsville
Hermitage	Reading
Hollidaysburg	Saylorsburg
Jenkintown	Schnecksville
Kingston	Schuylkill Haven
Kutztown	Scranton
Lafayette Hill	Selinsgrove
Lancaster	Slippery Rock
Landisburg	Somerset
Langhorne	State College
Levittown	Warminster
Lewisburg	Washington Crossing
Limerick	Wellsboro
Malvern	West Pittston
Mansfield	Wexford
McConnellsburg	Wilkes Barre
Media	Wyncote
Millersville	Wyomissing
Monroeville	York
Mountain Top	