

MAZZITTI & SULLIVAN EAP

EAP Myth Busters

Mazzitti & Sullivan EAP Services is the administrator for your Employee Assistance Program (EAP). This free, voluntary, and confidential program allows for you and your household members to receive **3 free sessions of counseling per person** and provides you with a variety of services in addition to counseling. In order to show the positive impact that the EAP has for you and your household, we have set out to dismiss common misconceptions about the EAP services and showcase the benefits.

MYTH: Only people with serious emotional problems use EAP services.

FACT: While the EAP is available to those with emotional concerns, it can also help employees **and** their family members who:

- Have concerns with parenting
- Are dealing with grief or loss
- Experience difficulty with self-esteem, communication or assertiveness
- Are interested in tips on establishing and maintaining work-life balance
- Want to strengthen your relationship with others
- Are experiencing substance abuse issues
- Have difficulty organizing finances

These are just a few of the problems that the EAP is able to assist you with.

MYTH: Using the EAP or talking to a counselor is a sign of weakness.

FACT: There is nothing weak about a person who seeks help. Everyone has problems in their lives. The EAP is an objective third party to help you build your resilience during difficult times.

MYTH: The counselor cannot understand me unless he/she has had similar experiences or is of the same background.

FACT: EAP counselors have certifications and degrees related to such areas as behavioral health, substance abuse, and family/marital. They have the skill set, expertise, and experience needed to provide consultation, guidance, support and resources for a variety of concerns, from critical needs to everyday stress. Should your concerns require assistance beyond their expertise, part of the EAP's role is to connect you with the best resources to meet those needs.