

Will the counselors relate to what I am going through?

Yes! We are mothers, wives, fathers, husbands, grandparents. We have friends and family, and we live in the same communities where we serve. We have experienced the joys in life, and we have experienced sadness, heartbreaks and hurt. We have dedicated our lives to helping others. We are master's level counselors who want you to experience the best version of yourself.

Setting up an EAP appointment is easy.

To schedule an EAP appointment with a Saint Louis Counseling master's level counselor for you or your family member, please call 314.544.3800 or one of our five offices, or visit our website SaintLouisCounseling.org.

South County Office

5 Premier Drive, Ste. 200
Fenton, MO 63026

P: 314.544.3800

Herculaneum Office

1349 McNutt St.
Herculaneum, MO 63048

P: 636.638.2203

St. Peter's Office

4116 McClay Rd.
St. Peter's, MO 63304

P: 314.544.3800

Union Office

Franklin County
Family Resource Center
500 Clark Ave., Ste. 202
Union, MO 63084

P: 636.583.1800

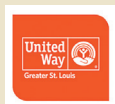
Troy Office

#140 Professional Pkwy
Troy, MO 63379

P: 636.528.5911

**National Suicide Prevention
Lifeline (24 hours, confidential)
1.800.273.8255**

SaintLouisCounseling.org | 314.544.3800



ARCHDIOCESE OF ST. LOUIS EMPLOYEE ASSISTANCE PROGRAM (EAP)



***Confidential, professional counseling
that helps you and your family experience
the best versions of yourselves.***

What is an Employee Assistance Program (EAP)?

The Archdiocese of St. Louis Employee Assistance Program (EAP) is an internal program that provides confidential, short-term mental-health and work/life management for you and your family, if needed, at absolutely no cost to you.

All EAP counselors are master's level mental-health professionals, who have extensive training in assessments, treatment and referrals. The Archdiocese of St. Louis has contracted with Saint Louis Counseling (a ministry of Catholic Charities of the Archdiocese of St. Louis) to provide comprehensive, professional, high-quality mental-health benefits to employees, their spouses and dependents.

How does the Archdiocesan EAP work?

By simply making a confidential call to any of our Saint Louis Counseling offices (see back of brochure), an eligible employee or household family member can access the following services:

Counseling

The EAP provides up to ten (10) free, confidential sessions of counseling per presenting issue, per year with a Saint Louis Counseling licensed therapist. In many cases, this counseling is all that is needed to resolve the problem.

Assessment

Your EAP counselor will assess the nature of the problem and will develop a plan of action with you to best resolve it.

Referral Services

There may be times when your EAP counselor may determine that a longer term or more specialized care is necessary and will refer you to an outside therapist, treatment center, or hospital that meets the requirements of your medical plan. Your EAP counselor will remain with both you and the provider to assure that you continue to receive quality care.

Crisis Situations

In crisis situations, call 9-1-1 or the National Suicide Lifeline, which is confidential and available 24 hours, 7 days a week: 1.800.273.8255, or go to your local emergency room.

What types of problems do EAP counselors address?

EAP counselors help employees and their families deal with a wide range of emotional- or mental-health issues. Some of the most common include:

Family Problems

Parenting Issues

Marital/Relationship Conflicts

Emotional Concerns: Stress, Grief

Mental-health Conditions: Anxiety, Depression, ADHD, Bipolar Disorder, etc.

Work-related Problems

Referral for Alcohol/Drug Problems

Referral for Financial or Legal Issues

Who is eligible to use the Archdiocesan EAP services?

All EAP services are available to employees of the Archdiocese of St. Louis who work 1,000 hours or more per year or educators who work half-time or more. The services offered through the EAP are available to all eligible employees, employees' spouses and dependent children, who may use these services with or without the employee's participation. Catholic Charities employees should check with their ministry for eligibility requirements.

How confidential is the EAP?

Confidentiality is totally assured for you and your family members. The staff of Saint Louis Counseling adhere to all federal and state guidelines regarding confidentiality and HIPAA laws. Your employer and the Archdiocese will not be informed of your participation. Information will only be released, with your written permission, or in a life-threatening situation, in cases of child and/or elder abuse, or by court order.

Where do I go for EAP services?

EAP services are provided at our five Saint Louis Counseling offices throughout the Greater St. Louis area and virtually. See the back page for office locations.

