



Benefits

EAP can help individuals improve their health and wellness, as well as their fortitude, so they can better respond to challenges that life throws their way.

EAP can help with overcoming issues in your personal life, which may enable you to maintain productivity and improve work engagement.

Who We Are



The mission of Catholic Charities Counseling and Adoption Services (CCCAS) is to provide professional counseling, adoption services and other programs that educate, affirm, and support individuals of all faiths to achieve their fullest human potential

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**CATHOLIC
CHARITIES
COUNSELING &
ADOPTION
SERVICES**

*Employee Assistance
Program (EAP)*



EAP can help with the following:

- Personal concerns
- Work-related concerns
- Stress
- Financial issues
- Family concerns
- Alcohol and substance use concerns
- Bereavement / Grief counseling

What is EAP

EAP is designed to assist Employees, and their qualifying beneficiaries, with personal issues that can negatively impact mental health, general well-being and job-related responsibilities.

The EAP program includes:

Comprehensive Assessment

Included, up to 6 Counseling Sessions

Referral Services, with additional counseling sessions as indicated

EAP is available for persons of all faiths, ethnicities, identities and backgrounds.



Confidentiality

Confidentiality is assured and maintained. Discussions with a clinician remain strictly confidential. Clinicians are bound by a professional code of ethics, preventing giving out personal information without written consent.

In some cases, it may be helpful for the clinician to hold a discussion with a particular person in your workplace, a manager for example. This would only occur once the clinician and the client discuss and agree this action is helpful. The clinician is required to obtain written consent from the client before a conversation with a third party can take place.