



## 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

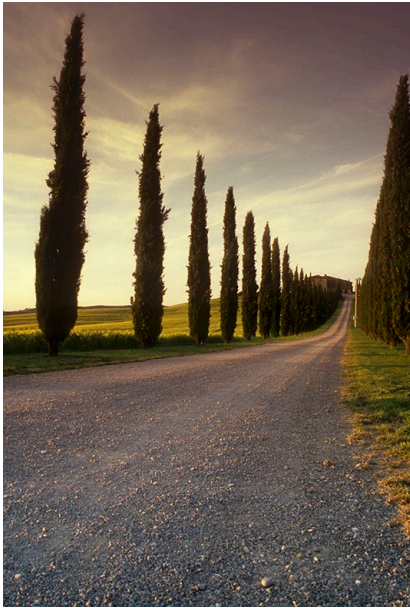
Phone: 814-456-2091  
Web: [cccas.org](http://cccas.org)  
329 W 10<sup>th</sup> Street  
Erie, PA 16502



## 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.