

# TriHealth EAP<sup>®</sup>

## Rumors and Facts about TriHealth EAP



**Rumor:** "If I use TriHealth EAP, everyone I work with will know the next day."

**Fact:** Only if you choose to tell your co-workers you are using the EAP. Confidentiality of individuals coming to TriHealth EAP is of major importance. That means that we tell no one of your involvement with us.

**Rumor:** "If my supervisor refers me to TriHealth EAP, it means I'm on my way out the door."

**Fact:** If your supervisor refers you to the EAP, it may mean that he or she wants to save your job. Your supervisor has expressed concern over your job performance and cares enough about keeping you to offer assistance in getting you the help you might need. TriHealth EAP is designed to help people stay on the job; not lose it.

**Rumor:** "TriHealth EAP is only for people who are crazy."

**Fact:** TriHealth EAP is for people who are having a difficult time coping with any change in their lives. You may need help coping with grief over the loss of a loved one or your kids might have suddenly left home or you may have just been promoted to a new and different job. The EAP is equipped to help you handle any problem. We all have changes in our lives.

**Rumor:** "TriHealth EAP is only there for work problems. "My biggest problems are financial."

**Fact:** You don't have to be having a problem with your job to use TriHealth EAP. We also want to help you or a member of your family with the day-to-day hassles of life. In fact, most of our clients come to us for help with family and daily living problems.

**Rumor:** "You have to be referred to be able to go to TriHealth EAP for counseling."

**Fact:** Our clients do not need a referral to utilize the TriHealth EAP services. Ninety-five percent of the people coming to TriHealth EAP come because they want to. The vast majority of our TriHealth EAP clients call for an appointment themselves.

**Rumor:** "I really can't afford counseling because it's expensive."

**Fact:** Most problems can be taken care of through short-term counseling. The services of TriHealth EAP are an employee benefit. You and your family members who use the program do so at no cost.

If you and your counselor decide that additional services are required beyond the short-term counseling then your financial situation, geographical location and your exact need will be considered before the referral is made.