

*The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing – body, mind and spirit. We strive to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.*

**As a member of Ascension Health and St. Vincent Health, we are called to:**

### **Service of the Poor**

*Generosity of spirit for persons most in need*

### **Reverence**

*Respect and compassion for the dignity and diversity of life*

### **Integrity**

*Inspiring trust through personal leadership*

### **Wisdom**

*Integrating excellence and stewardship*

### **Creativity**

*Courageous innovation*

### **Dedication**

*Affirming the hope and joy of our ministry*



**St. Vincent  
Stress Center**

**Employee Assistance Program**

8401 Harcourt Road  
Indianapolis, IN 46260

stvincent.org

**317-338-4900**

**1-800-544-9412**



# Employee Assistance Program



**St. Vincent  
Stress Center**

the spirit of caring®

# We all face personal challenges such as:

- ⇒ alcohol and drug abuse
- ⇒ marital and family conflicts
- ⇒ financial or legal problems
- ⇒ emotional distress
- ⇒ work stress

That's why we offer an Employee Assistance Program. The service can help you deal with problems before they become too large for you to handle and before your personal life and/or your job performance begin to suffer.

## What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is a counseling and referral service, designed to assist employees and their families in overcoming personal problems. EAP counselors are trained to deal with a wide variety of employee problems. They will offer you professional support and direction toward resolving the problem.

St. Vincent Hospitals and Health Services has been selected as the provider of our EAP. St. Vincent EAP, as a program offered by St. Vincent Stress Center, is staffed with professional counselors committed to providing you with services of the highest quality.

A network of counselors has been developed to make this service as convenient as possible.

## Who can use the EAP?

Employees and eligible family members.

## Are my contacts with the EAP confidential?

In providing services, EAP's professionally trained counselors maintain confidentiality. EAP complies with all state and federal laws regarding confidentiality.

## Will I be charged for EAP services?

The services of 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 by an outside resource, you will be responsible for any costs not covered by insurance.

## What services does the EAP offer?

- ☑ Identification/evaluation of problems
- ☑ Short-term counseling
- ☑ 24-hour crisis phone line
  - 1-800-544-9412
  - (317) 338-4900
- ☑ Educational workshops/seminars
- ☑ Referral to other resources, such as:
  - legal services
  - financial counseling
  - self-help groups
  - physicians
  - specialized treatment services

## How do I contact the EAP?

To schedule an appointment or find out more information about locations and office hours, call St. Vincent EAP at (317) 338-4900 or 1-800-544-9412.