

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Capital EAP is a premier employee assistance program (EAP) available to businesses and their employees. Whether at home or at work, Capital EAP helps people solve problems, realize their potential, improve their productivity, and discover greater happiness and quality of their life through professional counseling, support, guidance, and education. Your EAP at a glance:

- **Whole Family Coverage:** All of the members of your immediate family are covered including your spouse or domestic partner, children and grandchildren, and any adult family members in your home.
- **Confidential:** Capital EAP is a clinical organization separate from your employer. Your privacy and the use of our services are protected under federal HIPPA laws. Your employer will never know when you use Capital EAP.
- **24/7 access:** Capital EAP provides support 24 hours a day, 7 days a week. Whether it's a crisis or a simply request for information.
- **Easy access to counselors:** You can access counseling how and when you need it. In person, phone-based, and through the web.
- **Counselor chat and interactive services:** Not only can you chat with counselors online, Capital EAP provides you with online request forms and anonymous, interactive online health screenings that are answered by live, professional psychotherapists.
- **Health and wellness:** Your Capital EAP benefit includes access to smoking cessation programs, dietitians, nutritionist, personal trainers, and even spiritual coaches to maintain a healthy balance of mind-body-spirit.
- **Work-life balance:** What affects you outside of work, affects you at work. From financial and legal guidance, to assistance with community resources, aging parents, referral for treatment centers and medical specialists, Capital EAP a first stop for improving situations that distract and negatively impact your success in the workplace.
- **Crisis services:** Capital EAP maintains its own telephone-based crisis call center.
- **Education and training:** Capital EAP provides comprehensive professional and personal skills training, educational classes and curriculums to address corporate compliance, supervisory skills development, individual improvement, and wellness and mental health education.

To get the most from your Capital EAP benefits and to access all online services, be sure to register online at www.capitaleap.org. For the Northern Rivers access code, please contact Jenny Sardi, Senior Benefits Administrator, jenny.sardi@northernrivers.org or 518-579-3532.