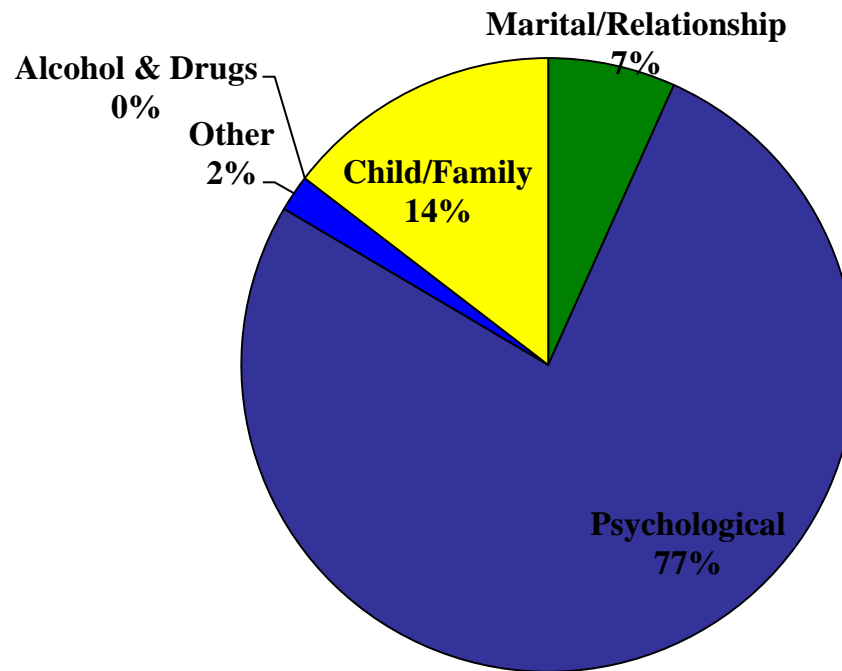


# Employee Assistance Program

# EAP STATISTICS

## PRIMARY ISSUES



# Employee Assistance Program

**1-800-531-0200**

- 24-hour confidential support services
- English, Spanish, French, and translation services for all other languages
- Up to 6 virtual or in-person sessions with a local provider. 100+ in-network providers in Brevard County. We provide referrals within 10 miles radius of a provided zip code
- E-counseling and user-friendly website accessibility plus mobile app
- IMMEDIATE access to counselors without the use of hold services
- Masters and Ph.D. level clinicians with a minimum of 5 years experience
- Provides referrals to specially- trained clinicians with follow-up services
- Hand-held resource referral

# On-staff Clinicians Experience

- Adoption
- ADHD
- Anger Management
- Anxiety/Panic/Stress
- Autism
- Child/Adolescent/Family
- Depression
- Developmental Disabilities
- Disability
- Domestic Violence
- Eating Disorders
- Fitness for Duty
- Gambling
- Gay/Lesbian/Transgender
- Grief
- Group Counseling
- Job Performance/Interpersonal Conflicts
- Marital/Relationship/Family/Divorce
- Medical Concerns/Problems
- Mental Health Disorders
- Parenting Issues
- PTSD
- Self-Esteem
- Sexual Abuse/Rape
- Sexual Issues/Gender Identity
- Substance Abuse
- Suicidal Ideation
- Workplace Conflict or Violence

Employee and/or  
Supervisor

“Household”  
Family Member

**EAP Helpline**  
**800-531-0200**

**EAP Counselor**  
•Assessment  
•Short-term Counseling

**Community Resources**  
☎ Marriage/Family Counseling ☎ Financial Counseling  
☎ Outpatient Mental Health Treatment  
☎ Legal Counseling ☎ Outpatient Alcohol/Drug Treatment

# EAP Network Providers

- Certified and licensed social workers, counselors and psychologists
- Expertise in diagnosis, crisis intervention and substance abuse
- Minimum 5 years in private practice in good-standing
- Same-day appointments for emergencies

# Additional Services

- Critical Incident stress debriefing
- Seminars/workshops
- CNA website and on-line wellness library
- CNA Assistance mobile app
- Mandatory referrals

# CNA Website and Self-Help Wellness Library

CNA website addresses physical, emotional, and mental well-being

Visit [www.charlesnechtem.com](http://www.charlesnechtem.com)

- Text us and/or schedule virtual appointments with an EAP counselor at your convenience
- Submit your therapist referral questionnaire and the counselor will send you 3 match therapists via your preferred contact method

Our self-help Wellness Library provides direct access to information on over 25,000 articles that are continuously updated. To login:

- Go to website: [www.charlesnechtem.com](http://www.charlesnechtem.com)
- Select “Member”
- Login if you are a new member, or register as new user



**NEWS ALERT** Coronavirus COVID-19 Pandemic Resources

**SPECIAL WEBINAR** COVID-19 Facts You Need to Know, a special webinar with Dr. Ellen Constante

Featured this month: Money Matters

Webinar Quick Tip More Resources



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- **Mobile APP:** Feature
- Call Us 24/7 at 800-531-2040
- Email your concern at [inquires@charlesnechtem.com](mailto:inquires@charlesnechtem.com)
- Text us and/or schedule a virtual appointment with and EAP counselor at your convenience
- Submit your therapist referral questionnaire and the counselor will you 3 matched therapists via your preferred contact method
- Access interactive self-help wellness library with 25,000 resources
- \*CNA Assistance Apps are available at the Apple Store and Google Play



- Visit Our Wellness Library
- Therapist Referral
- Call us
- Text Us (M-F 8a-8p)

*The professional counselors at Charles Nechtem Associates, Inc. can provide support, counseling and coaching over the phone or by e-mail, or refer you to a therapist near your home or workplace.*

# Employee Assistance Program

**1-800-531-0200**