

## Employment Related Services

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- The EAP is a professional service that provides assistance with **adult living problems**, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to **productivity, morale, motivation**, communication, conflict, and mediation.
- The EAP provides consultation services, **prevention education and training**, worksite interventions and assists with such issues as grief and loss, the drug-free workplace, workplace violence, and suicide.
- The EAP is the point-of-contact for **impaired health-care providers** and assists with screening, referral to treatment, and return to duty.

## Bringing Balance to Life and Work



The FT. Carson Employee Assistance Program is a *free service* available to Department of Army Civilian Employees, **active duty-spouse and family members**, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, crisis intervention, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

### Employee Assistance Program FT. Carson

<http://www.carson.army.mil/dhr/DHR/ASAP/EAP.html>

**1638 Elwell Street, Bldg. 6236,  
Rm. 210**

Phone: 719-526-2196

Fax: 719-526-1983

## Civilian Assistance Services



# ARMY STRONG



*What Soldiers and their  
families should know  
about Civilian  
Assistance Services.*

We can help!



## Employee Assistance Program

*“Assisting with Challenges, Choices, and Change.”*

### Counseling

- ◇ Daily life problems
- ◇ Substance use concerns
- ◇ Family and marital issues
- ◇ Child abuse and neglect
- ◇ Domestic violence
- ◇ Suicidal thinking

### Workplace

- ◇ Life-work stress
- ◇ Conflict resolution
- ◇ Difficult co-workers
- ◇ Employee Productivity

### Resources

- ◇ Help with accessing services



### Civilian Assistance Services

**Military families** experience a unique set of stressors along with normal adult living problems. Preparing for deployments, handling home responsibilities while their soldier is deployed, adjusting to changes in their soldier’s priorities discovered on redeployment, as well as emerging post-deployment issues such as caring for an injured service member all may become overwhelming.

Stress:



Resources

Demands

*When life becomes difficult, call us!*

- Assist active duty-spouse and family with **transitioning and re-integration issues**
- Help former military to adjust to and to understand the similarities and differences between active duty and the **civilian workplace expectations**
- Address spousal issues of **substance use and abuse** to avoid a threat to their soldier’s career
- Assist with identifying Army and **Community reporting and referral resources**, for such issues as domestic abuse, sexual assault, stalking, suicide, as well as assisting with financial, emotional, and spiritual concerns.

