

Program Services

- 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 Hospital's Impaired Health-Care Personnel Program and assists with screening, referral to treatment, and return to duty.



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

**1638 Elwell Street, Bldg. 6236,
Rm. 229**

Phone: 719-526-2196

Fax: 719-526-1983

Employee Assistance Program



*Workplace Issues?
Personal Concerns?
Difficult Choices?*



We can help!

Employee Assistance Program

“Assisting with Challenges, Change, and Choices.”



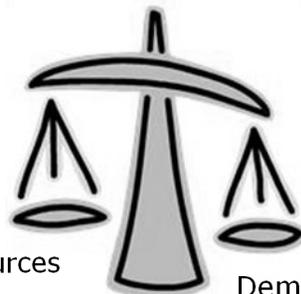
It has been a challenging time for our workforce due to pay and hiring freezes, administrative and shut-down furloughs, and workplace changes. Job stress seems to be pervasive, not to mention the personal challenges many of us face outside the workplace. Although there is a reprieve from the uncertainty of the past year with the establishment of a National Budget, the impact personally and in the workplace carries over. Dealing with such issues is not always easy. Many of us may feel overwhelmed and not know where to turn for help. Fortunately, it's not too late to access your **Employee Assistance Program**.

Uncertainty

Stress:

Stress results from demands exceeding resources whether financial, emotional, physical, or spiritual.

We can reduce demands, bring more resources to bare, or do some of both.



When life's challenges become difficult, call us!

Services also available to:

- Active Duty-Spouse and Family
- Retired Military Personnel and Eligible Family Members

