

## **Employee Assistance Program (EAP)**

### *Counseling Services*



The **GFPS Employee Assistance Program (EAP)** is a benefit provided by your employer which allows you and/or your family members to access **confidential** counseling services free of charge. The EAP can provide counseling and/or connections to community resources for problems with:

- Stress
- Depression
- Alcohol and Drug Abuse
- Separation and Divorce
- Grief
- Aging Parents
- Abusive Relationships
- Family Communication
- Mental Health
- Gambling
- Adult Children
- Work Related Issues

### ***Your Employee Assistance Program is:***

**Confidential.** All information is strictly between you and the EAP counselor.

**Informal.** The process is simple. E-mail or call Mikie Messman, the District's EAP Counselor. Appointment can usually be set up quickly and times are flexible to accommodate work schedules. If Mikie can't help, she'll help you find someone who can.

**Free.** This service is offered at no charge to District employees and their families.

Mikie Messman, EAP Coordinator  
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