

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

Legacy Treatment Services' EAP offers comprehensive solutions to help employees in need of short-term counseling when faced with personal crisis or work-life imbalances. LTS also provides a range of organizational services to assist managers and human resources professionals with sensitive employee issues; to clarify EAP benefits and coverage; and to consult on critical incidence planning.

# **HOW IT WORKS**

Employees can call Legacy's toll-free 24/7 hotline number (888.245.6605) to access the array of programs, including telephone or in-person counseling and work-life services. If needed, employees can be referred to ongoing treatment or specialty care.

EAP HOTLINE **888.245.6605** 







# **ABOUT US**

Legacy Treatment Services, a 501c3 nonprofit, provides a comprehensive array of behavioral and mental health services for individuals of all ages. We are a vibrant statewide agency that utilizes cutting-edge technology and evidence-based practice in treatment and clinical care.

# **OUR MISSION**

To change the behavioral health and social service outcomes for people of all ages from surviving to thriving.

IF YOU ARE HAVING A PROBLEM OR WOULD LIKE SOME INFORMATION OR RESOURCES,

CALL 888.245.6605

24-Hours-A-Day, 7-Days-A-Week

Legacy Treatment Services – Main Office 1289 Route 38 West, Suite 203, Hainesport, NJ 08036











**EMPLOYEE ASSISTANCE PROGRAM** 





For more than 150 years, Legacy Treatment Services has been providing clinical interventions to children, youth, families and individuals.





# BENEFITS OF THE EAP PROGRAM

- Access to a licensed trained professional 24/7 via our toll-free number, 365 days a year
- Comprehensive assistance for major work-life events and challenges





# EMPLOYEE **ASSISTANCE** PROGRAM **INCLUDES**:

# **1.** Telephone or In-Person Counseling

Legacy's licensed and professional counselors listen and carefully evaluate employees' needs and offer short-term counseling focused on coping strategies. LTS professionals address areas such as marital difficulties, substance abuse, including alcohol or drug abuse, parenting and family conflicts, grief counseling, stress management, depression, emotional problems and much more. Employees in need of long-term counseling and specialized care are referred for the appropriate treatment plans.

# 2. Work-Life Services

These are resources offered to help employees with overwhelming challenges to find a healthy work-life balance.

# **3.** Orientation and Kickoff Meetings

The LTS staff will coordinate with the employer and employees to schedule times that work best for everyone.

### **4.** EAP Communication Material

Employees will receive a full range of print and electronic communications material to help educate and remind employees how to access services.

# **ASSISTANCE FOR:**

- Alcohol
- Drugs
- Gambling
- Sexual Dysfunction
- Depression
- Anxiety and Stress
- Self-Esteem
- Personality Disorders
- Grief
- Anger Management
- Divorce
- Parenting
- Aging/Aging Parents
- Physical Abuse
- Work-related Stress
- Workplace Violence
- Workplace Harassment
- Job Change
- Workplace Relationships

# WORK-LIFE RESOURCES AND REFERRAL EXAMPLES

- Child Care Programs or Centers
- Legal
- Financial

# **ADDITIONAL SERVICES**

Legacy Treatmenet Services also provides numerous additional programs that are individualized, strength-based and trauma informed. Since the company responds to a variety of complex needs, it ensures that its multidisciplinary staff are well-trained and mission driven. Services include:

- Compassionate and responsive crisis intervention
- · Outpatient and addictions treatment
- Programs for youth and adults who have developmental and intellectual disabilities
- Out-of-home-care and life skill lessons for children and youth throughout New Jersey
- Residential for mentally ill adults
- Case management for mentally ill adults who are homeless or at risk of being homeless
- Prevention education and support services
- Treatments and counseling for ADHD, alcoholism, anxiety depression and opioid addiction

WE CAN HELP YOU