

EAP: ALWAYS THERE TO HELP

In today's busy world, there are more pressures on employees and their families than ever before; pressures affecting our personal lives, family relationships, health, or job performance. When this happens to Compa employees, they can turn to the Employee Assistance Program for support.

An Employee Assistance Program (EAP) is a custom-tailored program that provides confidential, professional assistance to employees and their family members who are experiencing personal or work-related problems.

EAP provides counseling services, as well as 24/7 crisis telephone access. Referrals to other professional services can also be provided by the EAP.

HOW DO YOU SIGN UP?

EAP services are voluntary and free to employees and their family members. Employees or family members simply have to call the EAP to schedule an appointment. Outcomes, Inc. uses local counselors, so EAP services will be convenient and easily accessible.

All visits are strictly confidential. Compa never knows who uses EAP. We offer EAP because we value all aspects of our employees' health – physical, mental and emotional.

EAP CAN HELP WITH:

Marital Problems	Family Difficulties	Alcohol Abuse
Chemical Dependency	Gambling Addiction	Physical Abuse
Financial Difficulties	Grief	Anxiety
Stress	Other Personal or Emotional Problems	

WHO PAYS FOR THE PROGRAM?

Compa has contracted with **Outcomes, Inc.**, to provide year-round employee assistance services. Employees and household family members may utilize up to **five sessions per situation, at no cost to the employee.**

Should more than five visits be required to address any concern, Outcomes, Inc. will help minimize costs by referring to an appropriate agency to provide the needed services, and by using all available insurance benefits.

EAP LOCATION & PHONE

Outcomes, Inc. 1503 University Blvd. NE, Albuquerque, NM 87102

[Local counselors are available outside of Albuquerque- using the Albuquerque office is not required]

(505) 243-7145 -- Albuquerque

(800) 677-2947 – Toll-free

All employees are vital to the success of Compa