



EAP Benefit Reminder

Our **EMPLOYEE ASSISTANCE PROGRAM (EAP)** is a *no cost benefit* provided to all City of Perrysburg employees and household dependents. This benefit is designed to provide easy access to *confidential* and *professional* solution-focused counseling and personal coaching support to help you manage any of life's issues and challenges.

EAP Can Help You Be Your Personal Best

- Relationships & Family Communication
- Managing Stress, Anxiety, or Depression
- Coping with Grief, Loss, or Change
- Substance Abuse Referrals
- Workplace Communication
- Life Transitions & Major Decisions
- Personal Well-Being
- Community Resource Referrals
- Parenting / Child Behavior-Learning
- Balancing Work/Life Responsibilities
- Care Giver Challenges and Support
- Coping with Diagnosed Illness/Pain
- Goal Setting / Motivation / Action
- Family Crisis and Trauma Support
- Anger or Domestic Violence
- Manager Consultations and Coaching

Your Lighthouse EAP benefit includes:

- ▶ **Confidential** access to counseling and life coaching.
- ▶ **5 No-Cost Sessions** per presenting issue, per program year.
- ▶ **24/7 Support** – professional guidance when you need it most.
- ▶ **Household Dependent Coverage:** Employee, Spouse, unmarried child under 26.
- ▶ **Accessible Providers** for in-person, telephonic and online sessions, by appointment.

For additional information or to schedule a confidential, no-cost appointment call Lighthouse EAP: 419-475-5338 or 800-422-5338

Solution-Focused Counseling & Coaching, Resource Referrals, and 24/7 Support

