

EMPLOYEE ASSISTANCE PROGRAM (EAP)

MENTAL HEALTH — EMPLOYEE ASSISTANCE PROGRAM (EAP)

Free Help, When You Need It

Are problems getting the best of you — and leaving you at your worst? It doesn't have to be that way — with the EAP. You and your covered family members can get free professional help, 24 hours a day, through the Cordova Counseling Center (the “head”quarters of Escambia’s Employee Assistance Program).

Cordova’s counselors will help you get your head back on straight — or refer you to someone who can! For example, EAP staff can provide confidential initial assessment counseling and referrals for:

- ★ Mental health,
- ★ Substance abuse,
- ★ Financial and legal problems,
- ★ Stress,
- ★ Bereavement,
- ★ Family problems, and
- ★ Other personal crises.

The EAP offers information, consultation, and counseling — up to four visits (per “problem”) — at no charge. After all free visits are exhausted, the counselor may refer you elsewhere for more help. Costs will be covered with a co-pay (HRA Plans) or at 80%-after the applicable deductible if you stay in-network (PPO Plan & HSA Plan)— with contracted mental health professionals.

To schedule an appointment, call Cordova at 474-9882 between 8 a.m. and 5 p.m. weekdays. Counselors are also available for after-hours emergencies or urgent situations.