



PROFILE EAP
EMPLOYEE ASSISTANCE PROGRAM

Centura HealthSM

- Professional Counseling Services**
- Confidential**
- No Cost to Employees and Dependents**

(719) 634-1825

**PROFILE
EMPLOYEE ASSISTANCE PROGRAM IS A
BENEFIT PROVIDED TO YOU BY YOUR
EMPLOYER.**

Your employer recognizes that, at any time, you or your family members may experience personal difficulties that may seriously affect your life. If these difficulties go unresolved for a period of time they are likely to impair your ability to cope as effectively at home and on the job. Because of this, your employer encourages you to seek help early to prevent small problems from getting out of hand and creating greater problems. They know that what goes on at home affects your job and what goes on at work affects your family. **All City of Colorado Springs employees and their spouses, significant others, and dependent children are eligible for (6) six counseling sessions per person per problem per year.**

**WHAT YOU GET AT EAP IS QUALITY,
CONFIDENTIAL TREATMENT AT
NO COST TO YOU.**

Profile EAP is a group of well-trained professional counselors that utilize a short-term therapy approach designed to bring helpful results in a short period of time. The counselors will help you outline what goals you have and what you believe needs to change. Through their assessment skills they might determine that an issue will require more in-depth counseling and then they will make an appropriate referral. **EAP services are strictly confidential and free of charge. Your use of our services is not reported to your employer.**

**THE COUNSELING OFFICES ARE
LOCATED AWAY FROM THE WORKSITE AT
961 E. Colorado Avenue
(between Institute and Hancock)
in Colorado Springs**

Profile EAP is located away from your workplace. This is intentional to maintain your privacy and to create a comfortable atmosphere to discuss difficult issues. **Office appointments can be made from 7:30 am to 6:00pm Monday-Thursday, and 7:30am to 4:00pm by calling (719) 634-1825.**

**THE EAP STAFF IS TRAINED
IN DEALING WITH CRISES.**

Should you want help in handling a crisis, a counselor can be reached 24 hours a day at the same number. The EAP counselors are also experienced in responding to traumas and will quickly respond to assist you in dealing with traumatic events.

**NO ISSUE IS TOO SMALL OR
UNIMPORTANT AND NO PROBLEM
IS TOO LARGE OR OVERWHELMING.**

EAP is adept at helping with marital and family problems, anxiety and depression, chemical dependency and co-dependency, grief and loss, job stress and co-worker conflict to name just a few. We can also provide counseling and resources on work-life issues such as childcare, elder care, and financial issues. **Almost any personal or work-related problem is appropriate for seeking assistance through your EAP.**

Helping Employees Balance Work, Life and Family.

www.ProfileEAP.org