



Harbor Symmetry Wellness

Employee Assistance Program (EAP)

A reminder of our **EMPLOYEE ASSISTANCE PROGRAM (EAP)**, a **no-cost employee benefit** provided to Hancock County Schools' employees and eligible household family members. This benefit is designed to provide a means to obtain **confidential** and **professional assistance** in dealing with life's challenges which most of us face at one time or another.

- Communication and Relationships
- Stress / Work-Balance
- Grief, Loss or Change
- Substance Abuse Cessation
- Divorce and Conflict / Family Support
- Resource Referrals
- Parenting / Child Behavior
- Coping Skills / Leadership Skills
- Care Giving Stress & Challenges
- Depression / Anxiety / Trauma
- Goal Setting / Motivation
- 24/7 Crisis Assistance

Your Symmetry Wellness EAP benefit includes:

- **Confidential** and **Professional** short term Counseling and Coaching
- **Household Coverage:** Spouse, and unmarried Child(ren) under age 26 who is residing with employee
- **Up to 3 no-cost sessions** per challenge, per program year
- **In-Person or Telephonic** sessions, by appointment
- **Accessible** provider locations throughout NW Ohio
- **Day and Evening Hours** are available, Monday thru Friday
- **24/7 telephone crisis assistance**
- **Direct Access to EAP** - No need to go through insurance or doctor first

If you need assistance to help you cope with a personal or professional challenge, confidential and professional counseling and coaching assistance is available. Contact Symmetry Wellness to schedule an in-person or telephonic appointment.

Harbor
Symmetry Wellness

419-475-5338 or 1-800-422-5338

for more information or to schedule an appointment

www.harbor.org