

Caring, experienced professionals have helped dozens of people like you to effectively handle personal problems and concerns such as:

- *Anger, anxiety or grief*
- *Depression*
- *Drinking or drug use*
- *Domestic violence*
- *Health problems*
- *Marital or family concerns*
- *Parenting*
- *Stress*
- *Work issues or performance problems*
- *And more.*

If something has been bothering you, call your EAP!

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Brunswick, ME 04011

(207) 729-7710

Struggling with a personal problem?

Your Employee Assistance Program can help. Learn about it and use it!

- CONFIDENTIAL
- NO CHARGE
- UP TO 3 SESSIONS PER YEAR
- CLOSE TO CAMPUS



Bowdoin College



Employee **A**ssistance **P**rogram

**If something has
been bothering
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can help!**

**Bowdoin College
Brunswick, Maine**



Help is just a call away...

Since their development over 30 years ago, employee assistance programs have been successful in steering people toward resources that can dramatically improve the quality of their lives. Today's EAP doesn't just deal with existing problems, but focuses on preventing problems as well.

How does our EAP work?

It's very simple. If you need help, or if there is a problem you have not been able to solve, call the EAP number and ask to speak to the EAP counselor. Any contact with the EAP counselor is always confidential.

We may be able to help you over the telephone, or in one or two sessions in our office. If additional help is required, we will discuss your needs with you and refer you to the right person or service, whatever best suits your needs and budget.

Who is the EAP counselor?

Your EAP counselor is a professional trained in guiding you toward the help you need. Your counselor is not an employee of the College and is committed to helping you with whatever problem you may have.

**FREE
CONFIDENTIAL
3 SESSIONS PER**

What problems can I talk about with the EAP counselor?

Almost any type of problem is appropriate to discuss — health concerns, marital and family problems, worries about alcohol or drug abuse, or financial problems just to name a few. Also, if you just feel a need to talk with someone, or if you are feeling sad, lonely, or confused, often a talk with the EAP counselor can help sort things out.

How about job related problems?

Yes! Sometimes an objective listener, like the EAP counselor, can help find solutions for conflicts on the job.

Your EAP also is available to supervisors who have concerns about an employee. The EAP counselor can act as a consultant to the supervisor and as a resource to the employee who may have personal problems affecting his or her work.

When a supervisor refers an employee to the EAP, the only information the supervisor receives is whether or not the EAP appointment was kept.

**CALL (207) 729-7710
TO SCHEDULE
AN APPOINTMENT**

How do I know my privacy will be protected?

The success and reputation of the EAP program depends on strict adherence to confidentiality for all participants. We know that this is the only way that the EAP will be viewed as the valuable resource it is. The EAP does not share any information about your involvement or use of EAP services without your prior knowledge and written permission, except as required by law.

Who is eligible to use the EAP and how much does it cost?

The EAP is available to all employees and their family members, including children 18 years old and younger who live in the household. The EAP offers three (3) sessions per person per year.

The College is concerned about your well-being and provides this program at no charge to you.

You may be responsible for any costs outside of the EAP sessions and the EAP counselor will talk about these costs with you before outside services are used. Your health insurance plan may cover some or all of these expenses. Our employees are important! We know that personal problems may affect on-the-job performance, and solutions to these problems can help create a healthier, happier life both on and off the job!