

## EAP BENEFIT

# Counseling Assessments



Through your Wellspring EAP benefit, you have access to 3 in-person counseling sessions per issue\* per calendar year, with a licensed mental health counselor.

When you call in, an intake therapist will conduct an initial assessment by listening to your concerns and asking questions to help identify your needs, and your schedule preferences. Based on that initial assessment, a referral will be made to the appropriate counselor, generally within 15 minutes or 15 miles of where you live or work (in metropolitan areas) or within 30 minutes or 30 miles (in suburban areas), and the local customary time and distance for healthcare services in rural areas.

The intake therapist will research the Wellspring EAP provider network to find the best fit for you. Once a match is identified, the intake therapist will contact the counselor to ensure they are able to accept the referral before giving you the counselor's contact information. You would then call the counselor and confirm your appointment time.

The goal of the counselor is to help you resolve your concerns within the number of EAP sessions you have available. At any point during your consultation, your counselor may refer you for ongoing care if they determine that your concerns cannot be resolved short term.

You can meet with a counselor for concerns such as:

- Addictions (Gambling, Internet)
- Alcohol & Drug Dependency
- Anxiety and Depression
- Parenting Challenges
- Stress Management
- Terminal Illness
- Communicating Effectively
- Divorce
- Domestic Violence
- Eating Disorders
- Gambling Issues
- Emotional Concerns
- Troubled Teens
- Work-Related Concerns
- Anger Management
- Grief and Loss
- Relationships
- Caregiver Burnout

To access this benefit, you can go online to start the process by filling out the *Request A Referral* form or you can call to speak to an EAP Intake Therapist.

*\*Through the initial phone call, the EAP Intake Therapist will determine whether the issue being brought up is separate or if it is clinically related to an existing concern.*

ONLINE: [WELLSPRINGEAP.ORG](https://WELLSPRINGEAP.ORG) | USERNAME: BHT

TOLL FREE: 1-866-607-4535

wellspring EAP<sup>®</sup>