

Your Employee Assistance Benefit

The Employee Assistance Program (EAP) is a benefit that provides counseling services for those times when you and your family are faced with difficulties in life. Our licensed, professional staff are available to consult with you on any issue that affects your peace of mind or interferes with your day-to-day activities.



For example:

- **Family Concerns** – Parent/Child conflicts, Aging Parents
- **Marital/Couple Issues** – Communication Issues, Divorce
- **Stress** – Anxiety, Depression, Sleep Difficulties, Headaches
- **Addiction Issues** – Drugs, Alcohol Abuse, Gambling, Sexual
- **Occupational Issues** – Job Performance, Co-Worker Conflict, Poor Morale
- **Lifestyle Changes** – Mid-Life Crises, Death

Why Do I Have This Benefit?

Jackson Township believes in supporting its employees by offering immediate, effective help when you need it. The benefit also covers your immediate family.

Your One Source EAP Provides:

- ✓ **Confidential** counseling with no co-pay
- ✓ **Six free counseling sessions** per year for you and each of your immediate family members, including children up to age 26
- ✓ **National Provider Network** – If a student attending college far from home requires counseling, One Source EAP has providers close by, within 20 minutes or 20 miles in every state

How Do I Use My EAP Benefit?

- Call One Source EAP at **1-800-300-0628**. A Central Access Specialist will answer your call, 24 hours a day, 7 days a week, 365 days a year.
- The Central Access Specialist will ask you a few questions to assess your situation, then identify providers that can help with the topic you wish to discuss.
- You'll make an appointment with your preferred provider.
- Call the Access Center and give them the date of your first appointment with the counselor you've chosen.
- Should you require additional sessions beyond the six free sessions, contact your health insurance carrier for pre-approval. You will then incur co-pays under your health insurance benefit.
- Visit our website at <https://www.rwjbh.org/one-source-eap/> or use the QR code below to access additional information and resources.

