



# EMPLOYEE ASSISTANCE PROGRAM



## WHAT IS CARILION EAP?

The Carilion Employee Assistance Program (EAP) is a voluntary, confidential service providing professional counseling and referral services designed to help you with your personal, job, or family concerns. Its purpose is to help employees identify, resolve and gain control over personal concerns that may be interfering with work and daily life through assessment and short-term counseling. We offer in person and virtual appointments via phone or our HIPAA compliant video platform.

Up to 4 sessions per year are provided by your employer at no cost to you.



### POSSIBLE CONCERNs

**Emotional**

**Family**

**Alcohol & Drug Abuse**

**Grief & Loss**

**Job-related**

**Legal/Financial Referrals**

**Marital**



540-981-8950, option 2

or

800-992-1931, option 2