

Get The Experienced Help You Need Call Your EAP

RESOURCE MANAGEMENT SERVICES, INC.

EMPLOYEE ASSISTANCE PROGRAMS

Stress...substance abuse...emotional crises...conflict...sometimes the strain of everyday living can be overwhelming. But there is hope. To help you overcome your toughest problems, your company has created a FREE, CONFIDENTIAL Employee Assistance Program (EAP) through Resource Management Services.

At Resource Management Services, you'll find a team of qualified professional (including several counselors and psychologists with Ph.D.s) skilled at helping people meet the challenges of a busy workplace and overcoming personal problems at home.

Our focus is on short-term care and effective solutions to problems. Whether you need assistance with resolving conflicts, sorting out relationships, improving your skill, overcoming addictive behavior, reducing stress, or help with budgeting and finances, we're here to help.

HELP YOU CAN COUNT ON

When you need help, sometimes it's hard to know where to turn. Just acknowledging that you have a problem is an important first step. Now you need help you can count on....help that delivers results, not endless sessions of therapy...help that you know is confidential ...the kind of help you'll find at ***Resource Management Services.***

CREREDENTIALS YOU CAN TRUST

Meet the experienced team of counselors at Resource Management Services. **Director Theodore Chapin has a PH.D.** in counseling and over 17 years of experience as a licensed clinical psychologist. He is a respected professor with over 50 professional presentations and publications.

Marylee Nunley, Vice President of Operations, has over 20 years of experience. She offers extensive advanced training in everything from midlife career changes and sexual harassment in the workplace to stress management and coping with change.

The other counselors at Resource Management Services offer a similar level of experience. Our staff of credentialed professionals also included Licensed Psychologist & Professional Counselors, Clinical Social Workers & Certified Alcohol & Drug Counselors. They are caring men and women with a genuine enthusiasm for helping others solve problems.

HOW EMPLOYEE ASSISTANCE PROGRAMS WORK

When a problem is troubling you, simply contact a counselor at Resource Management Services. (Employee and members of their immediate household are eligible for the EAP.)

A simple phone call will get an immediate response, 24 hours a day, seven days a week. An appointment can usually be offered within 48 hours. You'll meet privately and confidentially with an experienced counselor, discuss your problem, and decide on a plan of action.

UNDERSTANDING SOLUTION-ORIENTED HELP FOR:

- *Family, group & individual counseling*
- *Divorce, separation & remarriage*
- *Family conflicts: aging parents, blended families, children & teen problems*
- *Financial problems*
- *Parenting*
- *Depression & anxiety*
- *Sexuality*
- *Low self-esteem*
- *Physical & sexual abuse*
- *Addiction counseling*
- *Eating disorders*
- *Adult children of alcoholics*
- *Stress management & Career issues*

Often, just talking about the situation is enough. In other cases, we may refer you to an agency hospital, or private practitioner. Our services include:

Assessment--- Your counselor will meet with you, and identify and evaluate the nature of your problem.

Referrals--- When necessary, your counselor will recommend the appropriate community resource for more help and assist you in contacting them.

Follow-up--- If desired, your counselor will provide ongoing support until your problem is resolved to your satisfaction.

CONFIDENTIAL

We understand that confidentiality is a big concern for you, especially since you will be seeing assistance through a program sponsored by your employer. Test east...your privacy is assured. Our counselors cannot release information to anyone (including your employer) without your written consent. In fact, Federal regulations protect the privacy of anyone who uses an EAP service.

WHAT YOU CAN COUNT ON:

- **Confidentiality---** Your privacy is protected.
- **Cost---** There is no charge for evaluation or brief counseling. If a referral is necessary, our friendly staff will help you access your insurance.
- **Convenience---** A counselor can usually be seen within 48 hours. Evening hours are available, and there are several nearby office locations.

Take that first step...and let Resource Management Services help you begin your journey towards a whole, health life.

**Put your life back on track...call today:
(309) 681-5652 or toll free (800) 333-2095**