



Sometimes we need help to get back on the right path.



www.fee-eap.com
(call for user name and password)

425-454-3003
1-800-648-5834

Sponsored By: Northwest Ironworkers Health and Security Fund



When can we help?

We can help when you have a personal problem that is beginning to affect your health, job performance or general well-being. While the type of problem varies greatly, the accompanying feelings are almost always the same. You'll probably feel alone, vulnerable and confused.

The problems we typically help with include:

- > A faltering marriage or divorce.
- > A spouse who drinks excessively.
- > Anxiety, depression or stress.
- > An overwhelming number of debts.
- > A teenager who is using drugs.
- > A dependence on drugs or alcohol.
- > An adolescent threatening to leave home.
- > Issues that require legal resources.

Contact Fully Effective Employees

Are you feeling overwhelmed by personal or work related problems and does talking to your supervisor about the problem feel awkward or simply too difficult? If you are experiencing problems such as:

- Family problems
- Problems at work
- Violence at home or work
- Conflict in your relationship
- Emotional issues
- Gambling
- Financial difficulties
- An aging parent
- Drug or alcohol issues

Your Employee Assistance Program can help.

Our professional counselors are here to sensitively and confidentially evaluate your situation and refer you or someone in your immediate family to the best possible community resource.

What happens when I call?

When you call, you can expect the following: We will help you assess the problem and work with you to establish a plan of action. Once we have identified the problem, if needed, we will refer you to qualified community resources and follow up with you to make sure the referral is effective.

How is my privacy maintained?

Your participation in the Employee Assistance Program is strictly confidential, unless you disclose that you are a risk to yourself or someone else.

The majority of employees contact the program on their own. However, if your supervisor refers you due to job performance problems, he or she is told only that you have undertaken an approved plan of action. Any information about your personal situation will only be disclosed with your written consent.

How much does it cost?

Employee Assistance Program services are available to all employees and their families at no cost. Rates and fees for treatment services and other outside resources, as well as benefit coverage, will be discussed with you when you contact a program professional. We make every effort to ensure that the services we recommend are not only professional, but convenient and affordable.

Where do I begin?

A sense of isolation is often the biggest barrier to solving problems. Asking for help is the first step and sometimes the most important part of resolving an important issue in your life. We're here to help you.

For confidential assistance, call 425-454-3003 or 1-800-648-5834.



www.fee-eap.com
(call for a username and password)



Fully Effective Employees, Inc.
Employee Assistance Program

**FOR CONFIDENTIAL ASSISTANCE WITH
PERSONAL PROBLEMS**

425-454-3003
1-800-648-5834

www.fee-eap.com
call for user name and password

Employee Assistance Program
Available 24 hours a day, 7 days a week
Professional counselors can help with work, family,
relationship, emotional and drug or alcohol problems.

425-454-3003
1-800-648-5834

