What is an Employee Assistance Program?
- **MECares** is an Employee Assistance Program (EAP) offered to business and industry.
- MEA Cares is a comprehensive program offering workplace training and education, a confidential employee assistance line, assessments, outpatient counseling and referral for employees and their immediate dependents. Today's personal problems are identified and resolved in a confidential, professional manner.

Who benefits from an Employee Assistance Program?
- An EAP is a direct benefit to employees much like a health benefit. The focus of MEA Cares is to assist employees in achieving balance by resolving personal and family problems.
- An EAP is a Management Tool. Through training and education, managers are equipped to identify employees' personal problems affecting job performance. MEA Cares gives Supervisors a confidential and professional resource for the referral of employees.

Employees, their spouses, and their children living at home or attending fulltime college may access MEA Cares.

What problems are addressed by an EAP?
**PERSONAL PROBLEMS:**
- Stress
- Depression
- Anxiety
- Grief or loss
- Anger
- Substance abuse

**FAMILY PROBLEMS:**
- Marital issues
- Parenting issues
- Communication
- Co-dependence
- Times of Transition
- Pre-adolescence and adolescence

**LEGAL AND FINANCIAL PROBLEMS:**
- Call the Employee Assistance Line for referral sources.

How do we access the EAP?
- SELF-REFERRAL:
- MEA Cares can be accessed by an employee or a family member directly without the knowledge of the employer. They simply call the Employee Assistance Line, 1-800-844-6503, and all calls will be handled confidentially.
- MANAGEMENT REFERRALS:
  When a supervisor is concerned about an employee, he or she may contact MEA Cares by calling the Employee Assistance Line, 1-800-844-6503. It will be the employee's decision to follow through with the referral. No information will be released to the supervisor unless the employee signs an release of MEA Cares information form.

Is this EAP a confidential Program?
- All employee and supervisor calls are confidential. MEA Cares does not report calls, assessment results or outpatient sessions to company officials unless a release is signed by the employee. Billing is handled in a confidential manner and employee names are not divulged on invoices.

Employee Assistance Line
1-800-844-6503