



A Service of MEA Medical Systems

308 Corporate Drive • Ridgeland, MS 39157 • 1-800-844-6503

## Employee Assistance Program

### What is an Employee Assistance Program?

■ **MEACares** is an Employee Assistance Program (EAP) offered to business and industry. **MEACares** 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 **MEACares** 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. **MEACares** 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 **MEACares**.

### What problems are addressed by an EAP?

#### PERSONAL PROBLEMS:

- Stress
- Depression
- Anxiety
- Grief or loss
- Anger
- Substance abuse

#### FAMILY PROBLEMS:

- Marital issues
- Communication
- Times of Transition
- Pre-adolescence and adolescence
- Parenting issues
- Co-dependence

#### LEGAL AND FINANCIAL PROBLEMS:

- Call the Employee Assistance Line for referral sources.

### How do we access the EAP?

- SELF-REFERRAL:

**MEACares** 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 **MEACares** 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 **MEACares** information form.

### Is this EAP a confidential Program?

■ All employee and supervisor calls are confidential. **MEACares** 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**