



## **EAP Benefit Summary**

1. Your employer City of Fargo provides to you and members of your household access to an Employee Assistance Program through The Village Business Institute.
2. Your EAP program offers professional guidance in areas such as:
  - a. **Relationship issues-** (Marriage counseling, family counseling, parent/child counseling, etc.)
  - b. **Emotional health issues-** (stress, anxiety, depression, grief, etc.)
  - c. **Drug and alcohol issues-** (assessments, evaluation and prevention education)- this does not include treatment
  - d. **Workplace issues-** (Sexual harassment, dealing with difficult people, handling conflict, changes, job stress)
  - e. **Crisis counseling-** talk to a counselor 24/7
  - f. **Financial issues-** (budget counseling, debt management, retirement planning)
  - g. **Legal issues-** family law (divorce, wills, custody) and civil law (housing, harassment, motor vehicle)
  - h. **Education classes**
3. Strictly confidential. Unless you ask us to, we won't tell anyone what is discussed in the counseling session.
4. Available 24/7, 365 days a year, with nationwide accessibility.
5. There is no cost to you or members of your household.
6. The number of sessions available to a covered individual's household is equal to the number of household members times (x) four (4). As an example, a household with five (5) members would have access to a maximum of 20 sessions (5 members x 4/member = 20 sessions) per 12 month period. Any number of those sessions can be used by any member of the household up to the total number. There is a minimum of 8 sessions per household.
7. It is easy to use. Call **1-800-627-8220** to schedule an appointment. Just identify yourself as an employee or household member of Meadowlark Hills and indicate that you have the EAP with The Village. Our helpful staff will then guide you through the process.

**You don't have to go it alone! We are here to help!**