
BENEFIT PROGRAMS

EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program (EAP) provides limited counseling and referral assistance to employees and their immediate family members in seeking assistance concerning mental health problems. Assistance is provided in numerous areas that include but is not limited to:

- Abuse
- Alcohol/drug treatment
- Anger management
- Anxiety
- Children
- Crisis intervention (death, illness, fire, etc.)
- Depression
- Eating disorder referrals
- Financial counseling
- Job
- Legal matters
- Marriage
- Mental health assistance
- Stress
- Suicide intervention

There is no charge to the employee or family members for the assessment and referral services received from the EAP services. In most cases, when it is necessary to refer the individual for additional counseling and treatment service, associated costs may be covered by SWOSU's health insurance plan.

It is not within the scope of SWOSU's EAP to diagnose or prescribe medication. The identity and discussions of individuals using this service are confidential. Employees and their dependents have two options available to them when utilizing SWOSU's EAP.

1. **On Campus Services** are provided through the Student Counseling Services. This Office provides the services of a Licensed Professional Counselor.
2. **Off Campus Services** are provided upon request to individuals who prefer to speak to a counselor that is not employed by SWOSU.

Participation in the EAP is voluntary. An employee's personal life becomes a concern of SWOSU only when it interferes with satisfactory work performance, reflects discredit to the state or SWOSU, or jeopardizes the safety of the employee or others. EAP services are available on a limited basis as determined by Student Counseling Services.

Employees desiring additional information concerning the EAP program may request information from their immediate supervisor or from either of the following offices:

Student Counseling Services	580 / 774 - 3776
Human Resources Office	580 / 774 - 3275