

HENDERSON CONSULTING & EAP SERVICES

FOR



ALL Employees:

Your EAP Benefits are **100%** paid for by El Paso County School District 49!

Doesn't it seem that balancing work and life has become more challenging? Our effectiveness as employees, friends and family members depends on having information, resources, and guidance. Henderson Consulting and EAP Services offers the resources and tools to help deal with issues in balancing work and home life.

The following are some examples of how you and your family members can take advantage of your EAP. This is not an all-inclusive list – there are many reasons you might see your EAP counselor.

- Parenting or child behavior problems at home or school
- Loneliness
- Addiction issues (gambling, porn, drugs, alcohol)
- Financial problems
- Communication skills
- Facing serious physical illness or death
- Problem solving and clarifying important life decisions
- Stress management techniques
- Marital counseling
- Violence issues
- Grief
- Eating disorders
- Self esteem improvement
- Conflict resolution skills at home or at work
- How to recognize substance abuse
- Relationship counseling
- Coping with major life changes (pregnancy, divorce, job layoff, elderly parents, marriage)
- Chronic anxiety or depression
- Blended family issues (re-marriage, step-parenting, communication)
- Legal issues
- Mediation services

Call (719) 380-1644 to speak with a counselor.

A counselor is available 24/7 to assist you with emergency problems. After hours, call: (719) 440-5807

- This benefit not only covers you, but also includes your spouse/significant other, and your children (up to the age of 26 and still a dependent).
- ANY El Paso County School District 49 employee or immediate family member qualifies for this service, and a referral from your supervisor or Human Resources Department is NOT necessary.
- Employees and their dependents receive three (3) sessions – per person – per problem – per year at no charge.

Remember, your EAP service is completely confidential and FREE OF CHARGE TO YOU.

Call to schedule an appointment or speak with a counselor over the phone.

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719-380-1644

www.hendersonconsulting.org

*Let's Talk
About It!!!*