

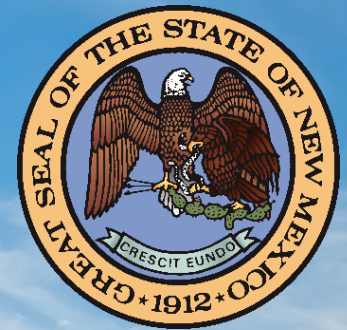


The
Solutions
Group

YOUR EMPLOYEE ASSISTANCE PROGRAM

***The State of New Mexico
Group Benefits Health Plan
Plan Year: January –
December 2020***

***Understanding
Your
Employee Assistance
Program (EAP) Benefits***



WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM (EAP)?

“An employee assistance program (EAP) is an employer paid benefit program designed to assist employees in resolving personal or work problems that may be adversely affecting the employee's well being.”



WHAT ARE EAP BENEFITS?

- Assessment with a qualified EAP representative
- Short-term counseling with an EAP counselor -up to **three** sessions
- Referrals to needed community resources
- Easy-to-use website
- Stress Stop Website



WHY DO PEOPLE USE AN EAP?

- Stress
- Grief
- Emotional issues
- Parenting concerns
- Marital, relationship or family conflict
- Drug or alcohol problems
- Other addictive behaviors
- Caregiving responsibilities
- Legal or financial problems
- Other personal issues



WHO CAN USE THE EAP?

The EAP is available to all employees and their family members living in the home and dependents.



HOW MUCH DOES IT COST?

Services provided are completely free of charge to you or your family members.

- The EAP is a short-term benefit with a limited number of sessions. **Three** sessions, per person, per problem, per year.
- There is no co-pay with your EAP benefit
- If your EAP counselor determines you need additional counseling services, he or she may refer you to longer term counseling in your community. You would be responsible to pay for these services, but they might be covered or partially covered by medical insurance.



ARE THE SERVICES REALLY CONFIDENTIAL?

Your contact with the EAP is confidential to the fullest degree provided by law.

- Your employer is never notified of your involvement with the EAP without your written permission.
- Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are under a court order.



HOW DO I CONTACT MY EAP?

- By telephone: **855-231-7737**
 - Call to schedule an **in person appointment** or a **video visit**
- By email: **TheSolutionsGroup@phs.org**



SUPERVISOR AND ORGANIZATION RESOURCES

Are there other services offered through the EAP besides counseling? Yes.

Supervisor

- Informal referral
- Formal Referral

Organization

- Critical Incident Stress Debriefing (CISD)
- Leadership Support





- A comprehensive stress test
- Podcasts
- Relaxation music
- Webinars
- Guided relaxation videos
- Yoga
- Expert Q & A
- Emotional Intelligence Tips
- Help for Insomnia

<https://mystresstools.com/registration/tsg-NM>



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Stress Profiler

Think of this tool as your stress thermometer.



Daily Journal

Unlock the door to stress awareness.



Brain Training

Start thinking clearly.



Videos

Watch to learn or watch to relax.



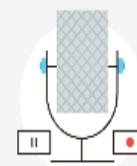
Audio

Find peace of mind through music and meditation.



Webinars

Gain insight into your stress.



Podcasts

Listen to the experts.



Articles

Read all about living well.



Q & A

Hear the experts answer your questions.

Other “Fee For Service” Resources

Over 80 Training Workshops:

- Leadership
- Management
- Employee/Workplace
- Compliance
- Work/Life Balance

Organizational Support

- Teambuilding
- Succession Planning
- Employee Engagement
- Organizational Effectiveness Consultations



YOUR EAP IS HERE TO HELP

Call the toll-free number if you need assistance or if you have any questions about your EAP benefits or support.

Accessible by:

Toll-free number: 855-231-7737

e-mail: TheSolutionsGroup@phs.org

Website:

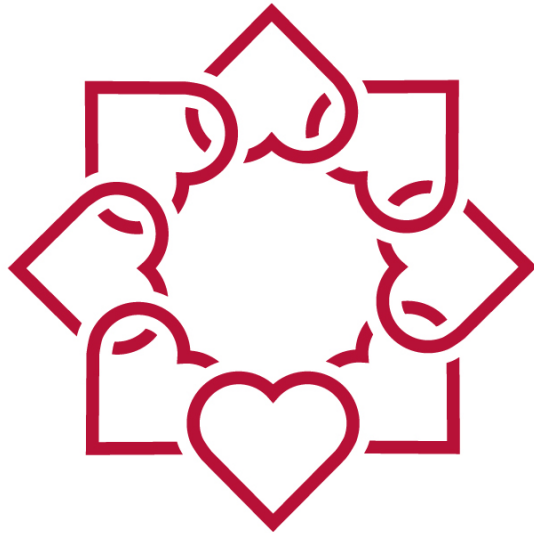
<https://www.mybenefitsnm.com/>

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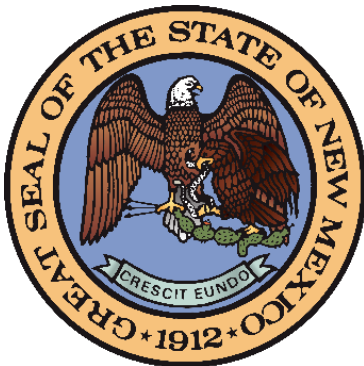
<https://www.solutionsbiz.com/SONM>



THANK YOU FOR ATTENDING



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