

# Employee Assistance Network, Inc.

Counseling • Consulting • Training

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## STAFF OFFICES

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Doctor's Park, Suite 3-C  
417 Biltmore Avenue  
Asheville, NC 28801  
(828) 252-5725

Oakland Suites  
714 Oakland Street  
Hendersonville, NC 28791  
(828) 697-2953

52 Walnut Street  
Waynesville, NC 28786  
1-800-454-1477

Colonial Square  
Suite 200  
Sylva, NC 28779  
1-800-454-1477

AFFILIATE OFFICES THROUGHOUT  
NORTH AMERICA  
1-800-454-1477

[www.eannnc.com](http://www.eannnc.com)

**Employee  
Assistance  
Program**

**Professional Assistance in Total  
Confidentiality**

**For You or Your Family  
When There's a Personal Problem**

## What is EAP?

- A confidential program that provides professional assistance to help resolve problems
- A program for you or your family when a personal problem makes life difficult
- Designed to help employees before personal problems become work problems
- Provides access to self-help information via the website

## What kind of problems?

- Financial pressures
- Stress or tension
- Relationship problems
- Family or parenting issues
- Problems at work
- Depression or anxiety
- Gambling or addictions
- Alcohol or drugs
- Difficulty sleeping
- And others...

**The best time to seek help for a problem is as soon as it begins to affect your well-being at home or work**

- Monday to Friday  
8:00 a.m.—5:00 p.m.
- Offices in Asheville, Hendersonville, Waynesville, and Sylva
- Asheville area residents:  
Call (828) 252-5725
- Hendersonville area residents:  
Call (828) 697-2953
- All other locations:  
Call toll-free 1-800-454-1477

[www.EANInc.com](http://www.EANInc.com)

## FAQ's

### Is it Confidential?

**YES**—Confidentiality is a vital part of your EAP. Your employer will not know that you have requested assistance without your permission.

### How much does it cost?

The cost of the initial evaluation and short-term counseling is prepaid by your employer. If further counseling is recommended, additional costs are the responsibility of the employee, but will usually be covered by your health plan.

### Who can use EAP?

Employees and their families (members of the immediate household) can use the EAP on a self-referral basis. Employees may also be referred by their supervisors when personal problems affect job performance.

### What happens when I go to EAP?

You will talk to a certified, licensed professional about your problems and you will work with your counselor to establish a plan for further assistance.