

Employee Assistance Program



Life happens; we can help

You are not alone. The demands and pressures of life can cause everyone to experience problems from time to time. Some issues can be solved alone; others require help.

Personal problems can affect emotional well-being, job performance, home life and health. The WellSpan Employee Assistance Program (EAP) is a confidential and voluntary program designed for employees, spouses and dependent family members who want to seek help for personal issues without worrying that someone at work will “find out” about their problem.



Supporting employees helps your business succeed

WellSpan EAP is a confidential resource that helps employers and employees resolve a variety of challenging workplace issues, including many that don't qualify for coverage under traditional medical plans.

- We provide resources for employees, supervisors and Human Resources staff to address issues that impact productivity, morale and overall work performance.
- Effective EAPs are shown to result in a \$5 - \$16 return on investment for every \$1 spent through reduced absences, increased productivity and reduction of health benefits used.
- From confidential counseling services for employees and dependents to online training and work/life services, our EAP can provide the support your employees need.
- In the event of a traumatic event like an injury or death, our EAP responders are available 24/7 to provide on-site assistance.
- Our experience in critical-incident response can provide a wealth of insights and guidance to leadership staff on organizational recovery from even the most challenging workplace situations.
- We offer training programs to support employee health, performance and wellness.

Well Supported

- Confidential counseling services
- Crisis response services
- On-site training and staff development
- Consultation services
- Work life services
- Online training



For more information call 1-888-949-9882 or email employerservices@WellSpan.org

Your story

We believe that everyone has a story to tell. The story we wish to live and write is equally influenced by our health, both mind and body. At WellSpan we promote the belief that emotional well-being is as important as physical well-being and that they are interconnected, as are the lives we live at work and at home. This message of hope is at the core of what we do here at EAP—“You are not alone and to reach out for help is a sign of strength, not weakness.”

We want you, your employees and their family members to know that we all have moments when we face life's challenges and that it is not only okay to reach out for support, but to do so will offer opportunities for better health, personal growth and improved performance (and satisfaction) with our daily work. By doing so, everyone has the chance to fully achieve the life they wish to live, the story they wish write.

What local employers are saying

“This is a resource you hope you never have to use, but it gives us peace of mind that it's there to be called upon when we needed it. We are very grateful WellSpan was there to provide counseling – that emotional support we needed.”

George Neiderer, VP of Human Resources, Utz Quality Foods, speaking about WellSpan EAP crisis response services

“We wouldn't be where we are today after such a tragic event without WellSpan EAP.”

Norina Bentzel, Red Lion Area School District, following a crisis

“Out of all the information everyone received today, your presentation was talked about the most. Great job!”

Tricia McVicker, LBT Trust, speaking about WellSpan EAP training