

# EAPnews

Employee Assistance Program

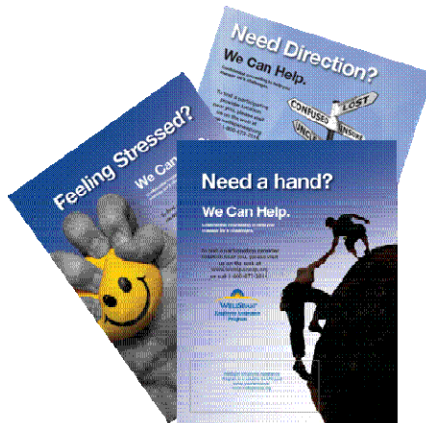
 **Spring 2010**

## Please Replace Your EAP Posters

WellSpan EAP has developed new marketing posters & cards with updated phone information. **Please do not allow materials with outdated phone numbers to remain in circulation or on display.** We've added and changed several office locations in the past two years

**WE NEED YOUR HELP!** If you currently have EAP posters with designs that differ from those shown here, please dispose of them.

Our representatives have been out delivering new posters and supplies to many of our nearly 200 employer groups, and we've mailed materials to some locations. If you need new materials, contact our Client Services Dept. to let us know the quantity of new posters you need delivered to your facility **(866) 227-6527**. Thank you for helping us to create awareness and inform employees where to seek help if they or their family members need support.



## Free Legal, Financial & Eldercare Info Online

For an additional fee, some EAPs sub-contract with an online subscription service to offer much of the same type of information and resources we offer free of charge at [www.wellspaneap.org](http://www.wellspaneap.org).



We see no value in increasing your fees just for providing you with public information. The telephonic "consultation" or "counseling" that is offered in conjunction with some sub-contracted online portals is not frequently utilized by employees. The direct contact is very limited, steers individuals towards fee-based services and often redirects them to public agencies similar to those we already have listed at [www.wellspaneap.org](http://www.wellspaneap.org).

Aside from dollars and cents, financial, legal and eldercare problems have a lot to do with emotions, personal circumstance, perspectives and individual values. Our mental health professionals are very qualified to assist individuals in dealing with those human factors – which often are at the root of the problem.

We don't help clients balance their check book or file for divorce, but we do help them heal and deal effectively with the personal challenges resulting from these issues. For help with the rest, we direct individuals to appropriate resources where they can get help managing debt, seek legal advice or find proper eldercare services. Check out our online resources. You'll like what you see for free!

## Did You Know?

Did you know researchers have found a connection between chocolate and depression?

- According to a recent study, the more clinically depressed people become, the more chocolate they eat.



Researchers examined dietary intake patterns among 931 men and women who were not using antidepressants. The participants were also given a depression screening test. Those who screened positive for possible depression consumed an average of 8.4 servings of chocolate compared with 5.4 servings per month among people who were not depressed.

SOURCE: *Mental Health Headlines*, 5/3/10; Mental Health America

## EAP Breakfast - May 20, 2010

**When Health Insurance is Lost:** Options for your employees to maintain health and quality of life

- 8:00 – 9:30 AM  
Four Points Sheraton, York

**For more information or to RSVP,** please call **(866) 227-6527**, or reply via e-mail to [mmoore2@wellspan.org](mailto:mmoore2@wellspan.org).

*"What you are will show in what you do."*

~Thomas Edison

