

### **Lancaster Area**

**Kathleen Den Bleyker, Psy.D.**  
**Gary Friedman, MS**

Lancaster  
(717) 560-3525  
Sees ages 13+

### **Finding Solutions Counseling Ctr.**

Millersville  
(717) 295-9259  
Sees ages 3+

### **PA Counseling Svc.**

Lancaster  
(717) 397-8081

### **Rost & Assoc.**

Lancaster  
(717) 392-8077

\*Mention you want services at Lancaster location

### **Victoria Parker Leisure, LPC, CAC**

Millersville(717) 475-0882

### **Chambersburg Area**

**Katherine Brooks, LPC**  
Shippensburg  
(717) 658-5626

### **Lutheran Counseling Services**

Chambersburg  
(717) 263-9093

### **Pathways Counseling Services**

Chambersburg  
(717) 263-7758

### **Harrisburg Area**

**Adams Hanover Counseling**  
Harrisburg  
(717) 632-4900

### **Assoc. Psychologists**

Harrisburg  
(717) 657-3867

### **Guidance Assoc. of Pennsylvania**

Hershey  
(717) 732-2917

### **PA Counseling Svcs.**

Harrisburg  
(717) 671-9610

### **Camp Hill-Mechanicsburg Area**

### **Diakon - Family Life Svc.**

Mechanicsburg  
(717) 795-0330

### **Guidance Assoc. of Pennsylvania**

Camp Hill  
(717) 732-2917

### **New Insights, Inc.**

Lemoyne  
(717) 303-2035

### **PA Counseling Svc.**

Mechanicsburg  
(717) 795-8363

### **Frederick County, MD**

### **Ctr. for Integrative Healthcare**

Frederick  
(301) 663-1683  
Sees ages 4+

### **Catoctin Counseling**

• Frederick  
(301) 745-6687  
Sees ages 5+

• Thurmont  
(301) 745-6687  
Sees ages 5+

### **Julie Kaus, LCSWC**

Frederick  
(301) 695-8646  
Sees ages 16+



### **What happens after the EAP sessions?**

For many people, a few visits with an EAP counselor will be enough to identify and resolve a problem. For others, additional services may be recommended. The EAP counselor will provide you with services or refer you to community resources that fit your treatment needs, your insurance plan and special circumstances.

### **Office Hours**

Office hours vary by provider and location. Many providers offer evening hours during the week. Your provider's office will work with you to find an appointment time that meets your needs.

Emergency services are available 24 hours a day, seven days a week. Individuals in crisis can call our crisis intervention hotline toll free at 800-673-2496 to speak directly with a live crisis counselor.

### **WellSpan EAP offers more than just counseling services**

Visit our web site for free online resources, health and wellness information and a full provider listing [www.wellspaneap.org](http://www.wellspaneap.org)

- If you experience any customer service issues
- If you would like more information regarding mental health or family issues
- If you have any feedback or questions related to EAP

We want to hear from you!

Please call our customer service team at 1-866-227-6527, Monday through Friday, 8 a.m. - 4:30 p.m. (EST).



## Employee Assistance Program



# Life happens. We can help.

Personal problems are a normal part of living. Different demands and pressures can cause everyone to experience problems from time to time. Some issues can be solved alone; others require help. Personal problems can affect our emotional well-being, job performance, home life and health. WellSpan EAP provides confidential, professional care to help individuals identify and resolve personal and workplace issues. Life happens. We can help.

## What is the WellSpan Employee Assistance Program (EAP)?

WellSpan EAP is a confidential and voluntary program that provides face-to-face assessment, short-term counseling, referral and follow-up services. It is designed so that employees and their dependent family members can seek help without worrying that someone at work will “find out” about their problem.

## When you call:

Please say you want to use your employee assistance program benefit through WellSpan EAP.

You do not need medical insurance to use your WellSpan EAP benefit. However, if you do have medical insurance you should ask if the EAP provider you choose participates with your insurance plan, in case you decide to continue with counseling after using your free EAP sessions.

You will be asked for your name, address, phone number, a description of your problem or issue, and the name of the employer providing your EAP.

## What are some issues WellSpan EAP can address?

Our licensed professionals are able to work with you to address whatever issues you wish to discuss. Some of the more common problems include:

- Marital & relationship conflict
- Depression
- Family & child issues
- Stress
- Alcohol and drug use
- Anxiety
- Self-esteem
- Work and career
- Sexual and physical abuse
- Conflict with others
- Critical incident stress
- Grief and loss
- Health
- Managing change
- Addictions
- Life transitions

## What does it cost to use the EAP?

It's free. The EAP is a prepaid benefit purchased by your employer. There are no out-of-pocket expenses for employees or their dependents utilizing EAP sessions covered under an employer's plan. You are automatically enrolled in the program.

## How do I make an appointment?

- To request WellSpan EAP services in south central Pennsylvania, please call the participating office location that is most convenient for you (a full provider listing is available online at [www.wellspaneap.org](http://www.wellspaneap.org)).
- To request WellSpan EAP services anywhere else in the continental U.S., simply call 1-800-673-2514. We'll refer you to a participating WellSpan EAP provider in your area.

## What about confidentiality?

Your privacy is protected by strict confidentiality laws as well as professional ethical standards. Details of your participation and your discussions with the EAP cannot be released to anyone without your written consent, except in extreme cases where you represent a danger to yourself or others.

## Participating EAP Providers

To schedule an EAP appointment in the south central Pennsylvania region, call a participating provider location directly.

IMPORTANT - When you call the office of your choice, please say that you would like to use your EAP benefits through WellSpan EAP.

To arrange WellSpan EAP services anywhere outside of south central Pennsylvania, please call us toll-free, 1-800-673-2514. We will refer you to a participating provider near you.

For a full listing of all provider locations with physical addresses, please visit us on the web at [www.wellspaneap.org](http://www.wellspaneap.org).

## South Central Pennsylvania Region

### York Area

#### WellSpan Behavioral Health

East York  
(717) 851-6340

#### Family/Child Resources

East York  
(717) 757-1227

#### Psychological Associates of PA

York  
(717) 755-0921

#### Rost & Assoc.

York  
(717) 843-6561

### Shrewsbury/Delta Area

#### WellSpan Behavioral Health

New Freedom  
(717) 812-2560

#### Adams Hanover Counseling

• Delta  
(717) 632-4900

• Shrewsbury  
(717) 632-4900

### Gettysburg Area

#### WellSpan Behavioral Health

Gettysburg  
(717) 339-2710

#### Adams Hanover Counseling

Gettysburg  
(717) 632-4900

#### Rose Maturo, LPC

Fairfield  
(717) 752-5882

Sees ages 4+

### Hanover Area

#### Hanover Family Practice Assoc.

Hanover  
(717) 637-7812

#### Adams Hanover Counseling

Hanover  
(717) 632-4900

#### Lutheran Counseling Svc.

Hanover  
(866) 998-2382