



EAP news

Employee Assistance Program

Second Quarter 2009

Your EAP is an Effective HR Tool

The prevalence of mental illness is astounding. One in four adults will experience a serious mental disturbance in his or her lifetime.* Chances are a valued co-worker is affected. WellSpan EAP addresses a wide range of family and workplace stressors, including many issues not covered under medical plans. But we're much more than just a benefit that helps individuals get counseling. WellSpan EAP may be best described as an information, support and referral service.

- We can consult with managers and supervisors to help them sort through employee issues - all it takes is a phone call.
- We can assist with the formal referral of employees with job performance issues, helping you retain valuable workers.
- We help individuals find information and resources for family, financial, elder care, healthcare and personal problems through our toll-free customer service line (866-227-6527) and online at www.wellspaneap.org.
- Our skilled presenters can facilitate a wide array of customized training programs.
- Our crisis intervention hotline and on-site crisis response services are available 24/7.

Your EAP is an effective HR tool that can assist you in many ways, and few resources offer more for your dollar. All of the services detailed above are available as part of any standard EAP agreement. We're here to help you take advantage of everything available in order to maximize your investment in our program. Please call us toll-free, 1-866-227-6527.

*SOURCE: Mental Health America (formerly National Mental Health Association)

Resources for Mental Health Month

With increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. In fact, **58 percent of Americans reported struggling in their lives at the end of 2008**, according to the Gallup-Healthways Well-Being Index. This represents an increase of more than 22 million Americans who reported struggling earlier in the year.



This May, in honor of Mental Health Month, Mental Health America is launching the **Live Your Life Well** campaign to provide people with 10 specific, research-based tools that can combat stress and promote health and well-being. For free workplace resources and display information, visit www.mentalhealthamerica.net.

Did You Know?

Survey results released in April 2009 show economic factors are affecting the wellbeing of many Americans. Did you know:



- Twenty percent (20%) said they have delayed or postponed medical care (which includes behavioral health). Many said cost was the main reason.
- Twenty one percent (21%) of U.S. adults expect to have difficulty paying for health insurance or healthcare services in the next three months.

SOURCE: Reuters article, "Stressed Americans postpone healthcare"; 4/20/2009.

"The art of life lies in a constant readjustment to our surroundings."

~ Okakura Kakuzo, Japanese scholar

