Diocese of Bridgeport

Employee Assistance Program
Overview for Employees

Presented by

Wheeler EAP

Wheeler EAP
EMPLOYEE ASSISTANCE PROGRAM

CRITICAL INCIDENT ASSISTANCE CONSULTATION & TRAINING ASSESSMENT & COUNSELING WORK-LIFE SERVICES

Your Employee Assistance Program

The Employee Assistance Program (EAP) is a confidential benefit provided by the Diocese of Bridgeport to help employees, their dependents, and household members address personal concerns that may affect their well-being or job performance. The EAP can assist with:

- Work-life balance
- Stress and anxiety
- Depression
- Major life changes
- Relationship and family
- Parenting and dependent care
- Alcohol and substance use
- Communication challenges
- Change and transition
- Legal and financial concerns
- Grief and loss

1-800-275-3327

WheelerHealth.org/EAP

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Your EAP Benefits

- No-cost, employer-sponsored benefit
- Available to employees, household members, and eligible dependents
- Up to thee (3) confidential in-person or virtual sessions per issue
- Convenient appointments with licensed clinicians (LPC, LCSW, LMFT, LADC, PhD)
- Crisis intervention and support
- 24/7 access and support
- Confidential with the limits of the law.

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Beyond Counseling: Resources for You and Your Parish.

Leadership & Education

Training and resources to support your leadership and personal growth.

- Leadership development
- Communication & teamwork
- Mental health & suicide prevention (QPR, Mental Health First Aid)
- Stress, burnout & resilience
- Workplace wellness
- Professional development
- Customized seminars for your parish or organization

Organizational Support

Consultation and services to help strengthen your parish and workplace.

- Management consultation
- Critical incident response (CISM)
- Formal & informal management referrals
- Employee & supervisor orientations
- Ongoing organizational consultation & support

EmployeeCare Resources

Work-life resources and tools for you and your eligible family members.

- Legal & financial consultations
- Child & elder care resources
- Health, wellness & personal growth tools
- Articles, videos, webinars & calculators
- Identity theft support
- 24/7 online resource portal and mobile access

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Your Privacy and Confidentiality

- Your participation in the Employee Assistance Program is confidential
- All records, referrals, and evaluations are maintained in accordance with federal and state confidentiality laws
- Information is released only with your written consent, except when required by law.
- Exceptions to Confidentiality:
    - Medical emergencies
    - Threat of harm to yourself or others
    - Suspected child or elder abuse or neglect.
    - Court order or subpoena

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How to Get Started

- Call **1-800-275-3327**
- Household members age 18 and older should contact EAP directly.
- Answer a few questions so we can match you with the right counselor.
- We'll notify the counselor that your sessions have been approved.
- Contact the counselor directly to schedule an appointment at your convenience.
- If the match isn't the right fit, simply call us back and we'll help you find another counselor.

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What to Expect During Counseling?

- Your counselor will take time to understand your concerns, goals, and needs.
- Together, you'll discuss challenges, explore solutions, and develop practical strategies.
- Many people find it helpful to talk with a neutral, experienced professional in a confidential setting.
- If additional support is needed, your counselor may recommend ongoing counseling or other community resources.
- When possible, referrals are made to providers who participate with your health insurance. Ongoing services outside EAP may involve costs based on your insurance.

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Questions?

Thank You!

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