

Employee Assistance Program



YOUR NEW EMPLOYEE ASSISTANCE PROGRAM

Magellan Healthcare is our new multi-faceted EAP service provider offering services to all of our staff, their household members and dependents.

TOP 10 REASONS TO USE THE EAP:

1. It's free
2. It's confidential
3. Things may get worse if you don't
4. Do it for your family
5. Do it for your job
6. Do it for your friends
7. Do it for your emotional health
8. Do it for your physical health
9. Do it for you

10. IT WORKS!!!

Common reasons EMPLOYEES use EAP services

- ⇒ Resolve work conflict
- ⇒ Enrich relationships
- ⇒ Build coping skills
- ⇒ Improve sleep
- ⇒ Boost emotional health
- ⇒ Support a healthy lifestyle
- ⇒ Build a support system
- ⇒ Enhance problem-solving skills
- ⇒ Cope with grief and loss
- ⇒ Address depression
- ⇒ Better balance Work and Life
- ⇒ Improve communications
- ⇒ Seek help for mild/alcohol/substance abuse
- ⇒ Further develop parenting skills
- ⇒ Secure child or elder care resources
- ⇒ Tackle Financial and/or legal issues



#TheJugglesReal

EAP Overview

- ◆ **When do services start?** December 1, 2019.
- ◆ **How to reach us?** Call 1-800-327-5048 where EAP clinicians are available 24/7/365 or go online to Magellanascent.com. All calls are answered by an EAP clinician!
- ◆ Please note, the clinicians will be asking members to confirm what Cook County Unit, i.e., CCSO, CCHHS, SAO you work in for reporting purposes to ensure confidentiality.
- ◆ **Who is eligible?** All Cook County employees, household members, dependents.
- ◆ **Available services:** Up to three (3) face-to-face counseling sessions per person per issue; TeleEAP, and telephonic goal-oriented EAP coaching. This can be an excellent way to check out counseling!

SUPPORT



We're Here to Help...

At times in our lives, we all face challenges, hardships, and obstacles that throw us for curves and disrupt our lives.

These issues can affect us at home, as well as at work. The Cook County Employee Assistance Program is available to provide support to you during these difficult times. You are not alone! This program is also available to support you in enhancing and improving your overall health and well-being.



contact us

Visit your life dashboard at
www.MagellanAscend.com

PLEASE CALL US:
1-800-327-5048

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Your life's journey, made easier



Cook County Employee Assistance Program

We're here to help...
**CONCERNED
CARING
CONFIDENTIAL**



Even the strongest
Need Support.

HOW CAN
WE HELP
YOU?

Magellan Healthcare