

# HelpNet

If you are worried about your family, personal life or work, call HelpNet — your free personal Employee Assistance Program.

*For more information or to make an appointment, call*

**(800) 969-6162**

**(800) 523-0591**  
Kalamazoo, Michigan area

[HelpNetEAP.com](http://HelpNetEAP.com)

# HelpNet



**Free personal  
Employee Assistance  
Program**

# HelpNet is here for you and your family.

Your employer has contracted with HelpNet to provide personal counseling to you and your household members. Our counselors are all master's level professionals with extensive experience in dealing with:

- Marital and family issues
- Addictions
- Emotional problems
- Legal and financial concerns
- Careers
- Relationships
- Aging parents
- Stress, anxiety and depression
- Life enrichment techniques

There is no cost to you or your family at HelpNet and it's confidential.\*

\*HelpNet strictly adheres to all state and federal guidelines and regulations pertaining to patient confidentiality. If a contracting employer seeks information, we provide only statistics — no name or diagnoses are ever given without written permission from the patient. The only exception is by a court order if there is a possibility the patient may harm him or herself or be injured by another or when child abuse or neglect is suspected.

At HelpNet, we understand that problems don't always wait for regular 9 a.m. to 5 p.m. workday hours. We are on-call 24 hours a day, 7 days a week, 365 days a year.

When you contact us we will offer you an appointment within 72 business hours of your call. If you are in crisis or in an emergency situation, you may request to speak to a counselor right away.

## **WE OFFER:**

### **Assessment**

Your counselor will talk to you about your concerns and together you will decide the primary issues that need to be resolved.

### **Counseling**

If caught in the early stages, many problems can be handled right in the HelpNet office in just a few sessions. These 'brief counseling sessions' have been prepaid by your employer as a part of the overall Employee Assistance Program package. There is no cost to you.

### **A Community Referral**

Some problems require more time or are outside of our scope of services. In the event this happens, we will guide you to an affordable community professional with a good reputation for helping other people in your situation. We'll explain your health benefits package provided by your employer and any co-pay or out-of-pocket expenses you may incur.

## **CONTACT US**

**24 hours a day, 365 days a year**

**(800) 969-6162**

**(800) 523-0591**

**Kalamazoo, Michigan area**

**HelpNetEAP.com**