

# City of Milwaukee Employee Assistance



The employee assistance program, or EAP, is a counseling and referral service for employees and their family who may be experiencing personal or work place problems. Everyone has problems from time to time. Usually, we work them out. But sometimes problems persist, becoming serious enough to affect us both off and on the job. At such times, an EAP may be able to help.

The EAP program is yours to utilize when you and your family members need help. If you know a co-worker is having problems, remind them of the program. If you have questions or comments, feel free to call for a confidential consultation.

## What Issues does the EAP handle?

The City's EAP assists hundreds of people each year with a wide array of personal problems such as:

Alcohol and Drug Abuse  
Family Issues  
Gambling  
Marital Problems  
Relationship problems

Child Rearing  
Financial Difficulties  
Interpersonal relations  
Mental Illness  
Stress

Domestic Violence  
Emotional Problems  
Legal Problems  
Physical Symptoms

## Signs That Some thing is Wrong

Angry Often  
Avoiding friends/family  
Difficulty controlling mood  
Low self esteem  
Sleep disturbance

Anxiety  
Crying Spells  
Feeling down  
Increased alcohol use  
Thoughts of suicide

Appetite changes  
Concentration problem  
Job performance issues  
Marital problems

## Confidentiality

All records, discussions and referrals for persons seeking help from the program are held in strictest confidence. No release of this information may occur without full written approval of the person involved.

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