

*Provide employees with access to quality care.*

*Produce a more focused and loyal employee base.*

*Productivity will increase.*



#### Preventable Factors that Affect Business Performance

Lifestyle risks	42%
Physical conditions	34%
Chronic conditions	31%
Unscheduled absence	30%
<b>Mental health conditions</b>	<b>23%</b>
<b>Presenteeism</b>	<b>21%</b>
<b>Fatigue/sleep problems</b>	<b>13%</b>
<b>Mental health stigma</b>	<b>11%</b>
<b>Substance abuse</b>	<b>6%</b>
Other	18%

Percentage of respondents indicating "to a great extent" or "to a very great extent" (emphasis added)

Source: Watson Wyatt (2007). 2007/2008 Staying@Work Report: Building an Effective Health & Productivity Framework. Washington, DC: Watson Wyatt Worldwide.

## Two Convenient Locations



936 Market Street | Parkersburg WV 26104  
O 304.422.7300 | F 304.428.3719

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



225 Main Street | Belpre OH 45714  
O 740.401.3088 | F 844.318.0944

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



Helping Employers Keep Great Employees

# EMPLOYEE ASSISTANCE PROGRAM



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

### Individual, Couple, & Family Counseling

At The Counseling and Wellness Centers, counselors and therapists collaborate with clients to provide quality care and help individuals, couples, and families meet their mental health and life goals.

### Medication Management

The Counseling & Wellness Centers offer diagnosis, assessment, and medication management provided by highly qualified and experienced professional staff.

### Psychological Assessment Services

The Counseling & Wellness Centers offer psychological assessment for ADHD, anxiety, depression, Post-Traumatic Stress Disorder (PTSD), Veteran's Assessment, and pre-surgical assessments for lap-band and neuro-stimulator surgeries. Additional fees may apply.

### Critical Incident Stress Management

The Counseling & Wellness Centers provide on-site Critical Incident Stress Management (CISM) services within 24 hours of a critical incident at your site. CWC makes highly qualified and experienced professionals available to your employees to assist them in managing the initial impact of workplace crisis and trauma.

### Work/Life Balance Training

The Counseling & Wellness Centers offer EAP members, at no additional cost, on-site trainings centered around employee stress-management, balancing work-life and home-life, and other issues relevant to reducing the incidence of high stress in daily life.

### Benefits to the Employer

"Employees with problems often turn into problem employees. Whether a worker has difficulty getting along with colleagues or faces challenges in [their] personal life, the work environment will run more smoothly if you help your employee to get [their] problems under control."

—Elise Wile

<http://smallbusiness.chron.com/handle-employee-problems-18200.html>

Employee Assistance Programs are designed to help employers provide employees with the resources they need before problems escalate into workplace problems.

- EAP referrals are *less likely to be perceived as disciplinary action*
- Self-referral availability *empowers employees* to get ahead of their problems
- Employees appreciate a *significant new benefit* while employers save money
- *Healthcare costs are reduced* as stress-related illnesses may be prevented
- *Workplace trauma can be addressed* within 24 hours

### Employee Assistance with The Counseling and Wellness Center

A recognized presence in the Mid-Ohio Valley for over 30 years, The Counseling and Wellness Centers are specially situated to provide your employees with the highest quality care in a warm and caring environment.

With over 20 highly qualified and experienced professionals, we can ensure swift and knowledgeable response to a wide variety of employee needs.



Contact us Today for  
More Information

304.422.7300

[www.counselingandwellnesscenter.com](http://www.counselingandwellnesscenter.com)

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