

*talk about it*

*stress & anxiety*

*grief*

*children & adolescents*

*depression*

*family & relationships*

*co-dependency*

*abuse*



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Erie, PA 16505

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*a member of Journey Health System*

Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.



Accredited by the Joint Commission  
on Accreditation of Healthcare Organizations

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*Stairways Behavioral Health*  
**NEW OPPORTUNITIES**  
Employee Assistance Program

Assisting  
**employees**



members of  
their **households**



# *New Opportunities: EAP*

The New Opportunities Employee Assistance Program (EAP) is a benefit employers provide for employees and their household members to help them through difficult times. It is designed to help individuals access professional services quickly and confidentially. EAP also offers critical incident stress debriefing as well as training and education on a variety of work-related topics.

The program deals with a wide range of human problems which, if left untreated, can result in personal hardships at home and/or poor performance at work.

## *Who pays for this service?*

The Employee Assistance Program is provided free to employees and household members of participating business clients. There is no cost for evaluations, referrals or brief counseling services. Anyone who is referred to another provider in the community for services will usually be able to use their health care benefit coverage.

## *How do I initiate services?*

Employers may simply call 814-878-3433 to obtain additional information, business references, a personalized fee schedule and to set up an appointment with our New Opportunities director.

Employees of participating EAP businesses may call 814-456-0584 or toll-free 800-321-7988 to set up an appointment. Our therapists are flexible and will work with you to accommodate work and family commitments.

## *Who provides counseling services?*

Our EAP staff consists of licensed, experienced professional therapists with extensive backgrounds and specialties. Our professionals are skilled at providing services regarding family issues, eating disorders, addictions, stress management, recovery from loss, and difficulties that occur within interpersonal relationships. Our professionals will work with you on a one-on-one basis, with you and your identified partner, and/or with your entire family unit.

## *Is the service confidential?*

*Yes!* The Employee Assistance Program is a strictly confidential service offered on-site or outside the work place.

*take back your life*



Let our experienced staff help. Call 24/7.

814.456.0584 or  
1.800.321.7988

In Warren, 814.723.5545

[www.stairwaysbh.org](http://www.stairwaysbh.org)