How to access the EAP

Simply call **800.633.3353** or **704.529.1428**

A clinician may assess your situation prior to scheduling an appointment to ensure that you are receiving the most appropriate care.
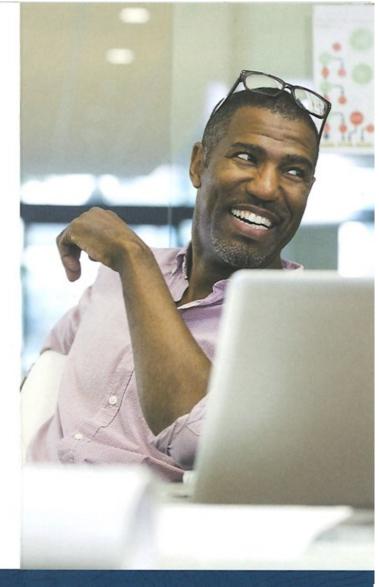
How our EAP works

When you call the EAP, you are offered a needs assessment by an experienced, licensed clinician. If it is determined that the concern can be resolved through problem-solving sessions, the clinician will assist in resolution. If it is determined that a referral is needed for ongoing support, the EAP will connect you with the most cost-effective resources for care.

MYgroup
McLAUGHLIN YOUNG

Helping you meet life's challenges

5925 Carnegie Blvd, Suite 350
Charlotte, North Carolina 28209
Direct **800.633.3353**

mygroup.com

MYgroup
McLAUGHLIN YOUNG

Looking for professional advice for personal, work-related, or family concerns? Free, confidential support is one of your benefits – and always there if you need it.

An EAP is a company-sponsored benefit that offers the support and resources you need to address personal or work-related challenges and concerns. Best of all, it's free for you and your household.
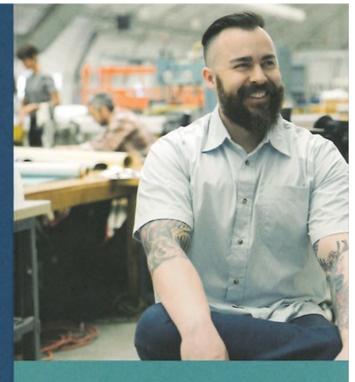
You are covered

McLaughlin Young offers you and your immediate household members unlimited access to:

- Free, confidential help with personal or work-related concerns
- Referrals to other sources for assistance
- 24-hour emergency coverage

EAP is confidential

Confidentiality is an essential part of the EAP. Your agency will not know of your participation in the services nor have access to any information without your consent. The only exceptions are when someone's safety is in question.

Reasons to use the EAP

An EAP is designed to help with all kinds of life situations. Examples include, but are not limited to:

- Marital difficulties
- Family problems
- Parenting
- Stress
- Balancing work and family
- Relationship issues
- Work-related concerns
- Depression
- Alcohol and drug use/abuse
- Grief and loss
- Elder care
- Healthy living
- Crisis events
- Preventative