

EAP – Employee Assistance Program

Mid Valley Special Education Cooperative realizes that the personal and professional well-being of its employees is its greatest asset. Therefore Mid Valley offers an Employee Assistance Program (EAP) as a positive, proactive approach to finding solutions for everyday problems.

Cadence Health Employee Assistance Program (EAP) provides free and confidential assistance to employees who are experiencing personal or work related issues. Licensed, professional counselors provide **assessment & referral to community resources** for assistance with the following concerns:

- Personal/Workplace Stress
- Marital/Family/Relationship Issues
- Depression/Anxiety
- Alcohol or Drug Abuse
- Financial/Legal Consultation

Office locations are available throughout the western suburbs and Chicagoland area.

Leaders and Supervisors

EAP counselors are available to discuss and provide **consultation** on a variety of workplace issues such as:

- Addressing job performance issues
- Intervening with a troubled employee
- Low morale
- Workgroup conflict
- Coping with a traumatic incident in the workplace
- Organizational change

The EAP offers emergency assistance 24 hours a day, 7 days a week.

Contact the EAP directly at (888) 933-1327 or TTY for the hearing impaired at (630) 933-4833, to request more information, speak to a counselor or schedule an appointment.

Work-Life Website

Cadence Health EAP also offers website based Work-Life services. Simple and easy to use, the site provides you access to answers you need for your caregiving, child/elder care, wellness, financial/legal, daily living and workplace issues.

Work-Life services are ***confidential, available 24/7, and free to employees and their covered dependents.***

On-line services include:

- 5000+ resource articles
 - Assisted Search for child and elder care resources
 - Interactive wellness assessments
 - Self-assessments and personal plans for interpersonal and workplace topics
 - Interactive on-line training
 - Streaming audio and video
 - Monthly topical Webinars
 - Availability in English and Spanish
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- Click here “Cadence Health EAP Work-Life Services” to visit the website:
 - <http://www.powerflexweb.com/1572/login.html>
 - Login using your company code

To access the Work-Life website from home, follow the steps below:

- www.cadencehealth.org/eap
- Click on the account log in link at the bottom of the EAP content page
- Login using your company code

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888/933-1327
www.cadencehealth.org/eap