





# EAP

## EMPLOYEE ASSISTANCE PROGRAM

An **Employee Assistance Program** is a full-service program that supports the wellbeing of your employees by providing them with free and confidential services such as financial, legal, home ownership, coaching, and clinical counseling services.





-  EAPs are mandated in federal agencies and often utilized by larger private and non-profit organizations to provide employee support.
-  EAPs offer a wide range of services and can help with areas including, but not limited to, manager training, childcare, legal assistance, financial services, coaching, crisis services, critical incident response and brief mental health services.
-  EAPs offers limited mental health sessions at no cost to your employees, usually 1-3 sessions per employee, spouse, or dependent.
-  Services may also be available for spouses or domestic partners and dependent children.

# VS

# ECP

## EMPLOYEE COUNSELING PROGRAM

Our **Employee Counseling Program** provides **mental health specific services and education**. ECP provides employees with short-term, confidential clinical counseling services with a licensed/registered mental health professional, with the option to include organizational training and development.

-  ECP is a great alternative for small businesses, private, and/or non-profit organizations.
-  ECP offers **mental health services and education**. We provide *confidential* counseling services to your employees by a licensed or registered mental health professional, with the option to include access to ongoing mental health education and professional consultation.
-  ECP provides brief mental health sessions at no cost to your employees. Participant and total available sessions is determined by your organization budget and Small Town Counseling.
-  ECP provides add-on benefits that include education and consultation to support resilience building, a trauma informed workforce, and mental wellness at work.

# F A C T S H E E T

## BENEFITS OF

# ECP

## EMPLOYEE COUNSELING PROGRAM

WITH SMALL TOWN COUNSELING

**Our mental health providers are experienced in working with professionals and committed to maintaining quality, confidential services for your team. As a partner with our ECP, Small Town Counseling provides your organization with:**

- Easy access to limited mental health services at no cost to your employees
- Priority access to counseling services by bypassing our Waitlist
- Resource linkage by our providers as needed
- Option to add-on Education and Professional Consulting on mental health related topics

\*To contact our office visit [smalltowncounselingca.com](http://smalltowncounselingca.com)