

Our Mental Health and Substance Use Counselors Can Help – 25 Ways

Liverpool, Auburn, Fulton -Call 315-470-7447

1. Assessment of a personal problem and obtaining assistance with professional counseling through EAP or locating appropriate resources as needed.
2. Discuss difficult challenges on the job, related to relationships with peers or managers to help you decide on effective ways to improve the relationships and your job satisfaction.
3. Help you decide what type of mental health professional and counseling approach will work best for you, based on your communication style, goals, and ability to pay.
4. Help with improving communication and morale among your work team by skill-building and other training.
5. Provide workplace on-site support after critical incidents or bereavement.
6. Conduct an assessment of personal problems in your relationships, provide counseling with short-term interventions.
7. Offer support and problem solving to address your concerns about administrative actions, and find ways to improve work problems.
8. With your written permission, confirm to your supervisor that you are participating in the EAP and in its recommendations, and if desired, communicate your request for accommodations needed so you can participate in those recommendations (adjustments in schedule, etc.).
9. Short-term support and problem solving for a mental health problem like depression to help you cope and obtain further assistance as needed.
10. Assistance with parenting issues and navigating the developmental stages.
11. Have a professional to talk to after hours when you have an urgent need.
12. Support and guidance for difficult decisions with long-term consequences for you, your family, or others (e.g., divorce, retirement, or resignation).
13. Counseling and facilitation following a critical incident involving death, injury, or an event that could have led to death or injury. Help with resolving fearful emotions and anxiety so memories of these events do not linger or interfere with your life.
14. Provide training or instruction on specialized topics related to wellness or workplace productivity.
15. Help you resolve conflicts or confusion associated with your mental health benefits or relationship with a provider.
16. Provide you with education regarding a variety of health and wellness topics.
17. Recognize when a more significant mental health issue is the problem and obtain guidance and recommendations for treating the problem.
18. Talk with you via teleconferencing or phone if visiting the EAP office is not possible, is inconvenient, or is not preferred.
19. Facilitate a back-to-work conference between you and your employer (supervisor, human resources representative, etc.) to discuss job expectations, accommodations necessary to support ongoing treatment or self-care, and to gain clarification on matters concerning employment benefits.
20. Assistance with insight and major life decision making.
21. Provide support and intervention to prevent delayed return to work from depression, family conflicts, or workplace communication issues and concerns with your work unit while you recuperate from injury.
22. Provide assessments, support, and guidance to assist you with rigorous, mandatory steps to prevent job loss resulting from policy infractions or legal penalties imposed by courts for offenses (for example, DUI education, positive drug tests, etc.).
23. Skills for improving your relationship with your significant other, child, co-worker, friend or supervisor. Meet conjointly as needed.
24. Guidance and support in preventing burnout from workload and the negative effects of customer service stress.
25. (For supervisors) Assist you in understanding how to work and respond effectively with employees and improve their productivity.

