

talk about it

stress & anxiety

grief

children & adolescents

depression

family & relationships

co-dependency

abuse



**Director of EAP Services**

Char Myers 814.878.3433

Email: [cmyers@StairwaysBH.org](mailto:cmyers@StairwaysBH.org)

2185 West 8th Street

Erie, PA 16505



*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.



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on Accreditation of Healthcare Organizations

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NEW OPPORTUNITIES

Employee Assistance Program

*an affiliate of*

*Stairways Behavioral Health*

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 businesses. 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.

### **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 anxiety, family issues, eating disorders, addictions, depression and stress management, recovery from loss, and difficulties that occur within interpersonal relationships. Our professionals will work with you on a one-on-one basis, as well as with your identified partner, and/or with your entire family.

### **Is the service confidential?**

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

### **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 schedule you to accommodate your work and family commitments.

*take back your life*



Let our experienced staff help. Call 24/7.

814.456.0584 or  
1.800.321.7988

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