

## FRIENDSWOOD INDEPENDENT SCHOOL DISTRICT



# EMPLOYEE ASSISTANCE PROGRAM

**What is an Employee Assistance Program?** Your EAP is a counseling service for employees and their eligible dependents who may be experiencing personal or work related issues. Employees are encouraged to take advantage of this service. It is confidential and NO record of use of this program will appear in your personnel file.

**How do I know I need to call?** All of us experience problems that cause us confusion and concern. Sometimes these issues seem to interrupt our lives. They may include but are not limited to:

- Family, marital, grief or loss issues
- Work stressors, alcohol or drugs
- Depression / Anxiety
- Teenage or children issues
- Financial concerns

**How do I utilize this service?** Just call for an appointment to discuss the nature of the personal problem with a professional counselor. A course of action will be planned to resolve the issue. The plan may include referral to other agencies, professionals, treatment centers or self help groups. In most cases, the issues may be resolved by counseling sessions through the EAP alone.

**What does it cost?** Each FISD employee may have up to six visits per school year at a cost of \$10.00 per visit. If further assistance is needed after the six sessions, the counselor will assist the employee by referring them to an affordable resource.

Call 281-335-8422  
to make an appointment

1110 Nasa Parkway Suite 200  
(between Egret Bay and Space Park Drive)

### 7 Ways to know you are living life to the fullest

- You believe in yourself
- You learn to let go and feel okay about it
- You put your past in its place
- You don't major on your minuses
- You look for possibilities and opportunities
- You focus on solutions
- You know that knowledge provides alternatives