

NMSBVI Employee Assistance Program (EAP)



What is the Employee Assistance Program (EAP) Benefit?

The EAP is a confidential professional counseling program designed to assist employees and their eligible dependents with personal or work-related problems that may adversely affect job performance, health and or overall wellbeing. Counselors are licensed professionals with extensive experience in the field of brief counseling.

Who can use the EAP?

EAP benefits are available to NMSBVI employees and eligible dependents. Each employee and their dependent(s) receive a maximum of three sessions. Should the issue warrant more long-term counseling, your behavioral health benefit under your medical coverage may apply.

What types of issues do they address?

They offer personalized solutions for issues including but not limited to:

Drug/Alcohol Abuse	Grief and Loss	Relationship Issues
Family Challenges	Conflict Resolution	Child/Elder Care
Workplace Issues	Gambling	Anxiety
Marital Conflicts	Depression	

What does it cost?

NMSBVI pays for the first three visits for employees and eligible dependents.

Are services confidential?

Yes; all EAP services are confidential. Your written permission is required to authorize the release of your personal information. Exceptions include the possibility of harm to self/others, abuse of any kind, or subpoena by a court of law.

For More Information Contact Human Resources

Veronica Hernandez x4468, x4473, x4491