

Profile EAP



EMPLOYEE ASSISTANCE PROGRAM

Profile Employee Assistance Program is a benefit provided to you by Starpoint. It is available to all employees, regardless of work classification, is free of charge to employees and their dependents and is strictly confidential. Starpoint recognizes that, at any time, you or your family members may experience personal difficulties, which may seriously affect your life. If these difficulties go unresolved for a period of time they are likely to impair your ability to cope as effectively at home and on the job. Because of this, Starpoint encourages you to seek help early to prevent small problems from getting out of hand and creating greater problems. Starpoint knows that what goes on at home affects your job and what goes on at work affects your family. Therefore, Profile EAP is invested in helping you achieve a balanced, healthy, satisfying life and providing resources to assist you.

What you get at EAP is quality, confidential treatment at no cost to you. Profile EAP is a group of well-trained professional counselors. They have all attained at least a Master's Degree in the field of counseling psychology. EAP uses a short-term therapy approach designed to bring helpful results in a short period of time. The counselors will help you outline what goals you have and what you believe needs to change. Through their assessment skills they might determine that an issue will require more in-depth counseling and then they will make an appropriate referral. The practice of psychotherapy is regulated by the state and all services are strictly confidential. Your use of the services is not reported to Starpoint.

Counseling offices are located away from the work site. This is intentional to maintain your privacy and to create a comfortable atmosphere to discuss difficult issues. Office hours are 8 a.m.-5 p.m. Monday through Friday. Appointments can be made by calling **(719) 275-4245 in Canon City; (719) 634-1825 in Colorado Springs or 1-800-645-6571 in Denver.**

The EAP staff is trained in dealing with crises. Should you want help in handling a crisis, a counselor can be reached 24 hours a day at the same number. The EAP counselors are also experienced in responding to traumas and will quickly respond to assist you in dealing with traumatic events.

No issue is too small or unimportant and no problem is too large or overwhelming. EAP is adept at helping with marital and family problems, anxiety and depression, chemical dependency and co-dependency, grief and loss, job stress and co-worker conflict, sexual abuse and domestic violence, to name just a few. Almost any personal or work-related problem is appropriate for seeking assistance through Profile EAP.