



Dear Employee:

Your employer is now providing an Employee Assistance Program (EAP). This program is a benefit that is available to assist you and your immediate dependents (spouse and children) in the identification and resolution of personal problems or concerns that may have a negative impact on your personal or professional lives.

Personal problems or concerns include, but are not limited to: marital, family, alcohol, drug, emotional, stress.

EAP SERVICES INCLUDE:

- Confidential FREE Assessment/Referral/Follow-Up Services
- 24-Hour, 365-Day Access for Emergency Situations
- Face-to-Face Assessment Interview
- Master-Level Licensed Counselors
- Referrals to Community-Based and/or Benefit Covered Resources

BENEFITS TO EMPLOYEES:

- EAP is a benefit available at no cost to the employee and immediate dependents
- EAP is an objective resource available to assist in problem identification and resolution
- EAP is confidential for all individuals who self-refer

Personal problems and concerns affect us all throughout our lives. Most of the time we can handle these problems ourselves, but when that is not possible, the EAP is an option. An objective third party can assist you with problem solving or with additional care. Treatment success is often dependent upon how early treatment is sought. Seeking assistance to resolve problems before they have a severe impact on your family, job or life is a sign of strength that helps you gain control of the situation. If you need assistance, call the EAP at **918-594-5232** or **1-800-221-3976**.

Attached below you will find EAP cards for yourself and your spouse. Please keep your card in a convenient place (such as your wallet) so that it is available to you at all times.

CommunityCare EAP
Williams Center Tower II
Two West Second Street
Plaza Level
Tulsa, OK 74103

In Tulsa:
918-594-5232

Toll Free Outside Tulsa:
800-221-3976

Fax:
918-879-4310

Visit our Web site:
www.ccok.com/EAP



Williams Center Tower II | Plaza Level
Two West Second Street | Tulsa, OK 74103

If you are having marital, family, alcohol, drug, emotional, stress or other personal concerns, call for a free confidential appointment.

918-594-5232 or **1-800-221-3976**

24 hours a day, 7 days a week



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