



## *EAP at a Glance*

- ◆ Your employer provides the EAP.
- ◆ Both employees and immediate family members are covered.
- ◆ We can help with any personal problem.
- ◆ Using the EAP is completely voluntary.
- ◆ Confidentiality is assured.
- ◆ Service is provided at no cost to you.



## TheLexingtonGroup, Inc.

*An International Employee Assistance Program*

*We're dedicated to providing employees and their families with caring and personalized services, to help them resolve any personal problem with dignity and respect.*

Start the helping process now  
by calling 24/7 toll free:

**1-800-676 HELP (4357)**  
UNITED STATES

**1-800-567-4343**  
CANADA

**0-800-169-6706**  
ENGLAND

**1-800-676-4357**  
PUERTO RICO

**001-888-819-7162**  
MEXICO

**001-855-280-6793**  
CAYMAN ISLANDS

**1-800-955-8339**  
TTY

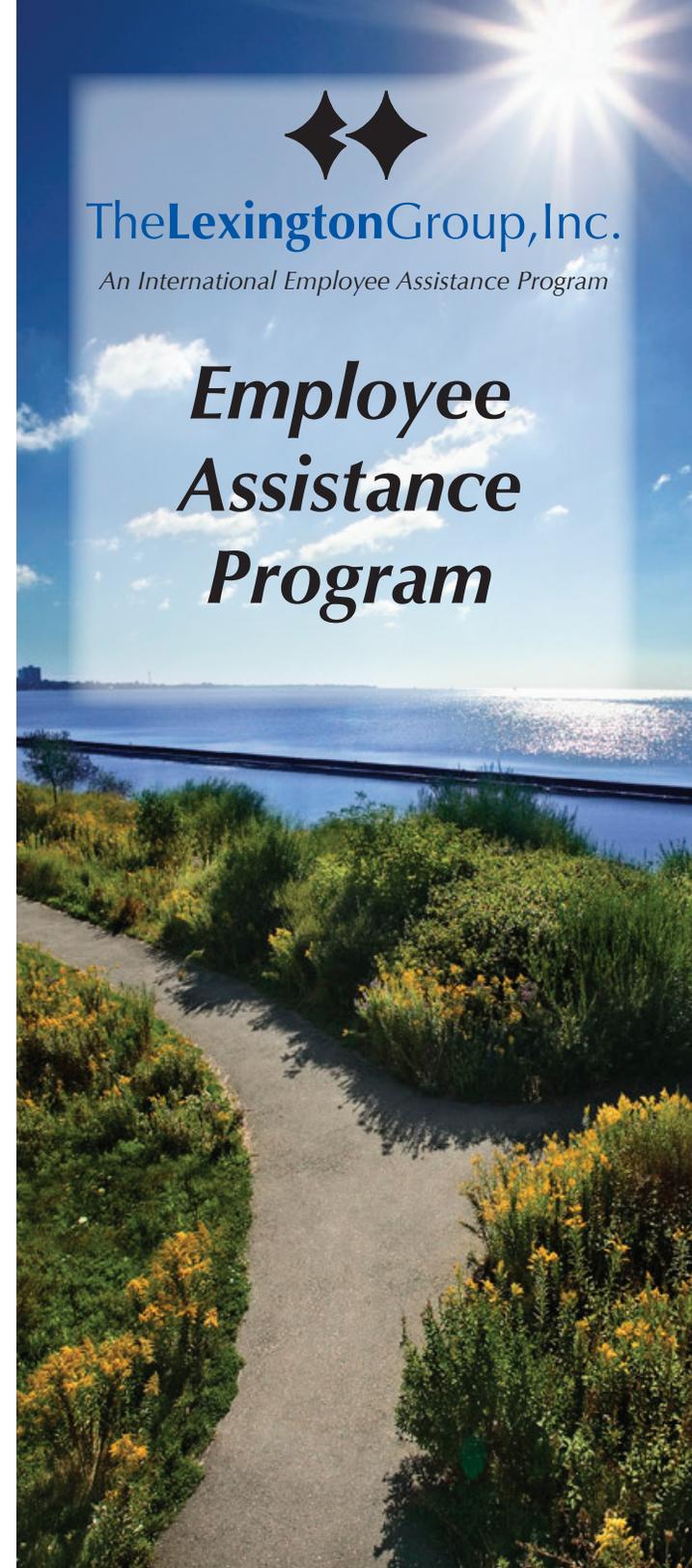
[www.The-Lexington-Group.com](http://www.The-Lexington-Group.com)



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# *Employee Assistance Program*





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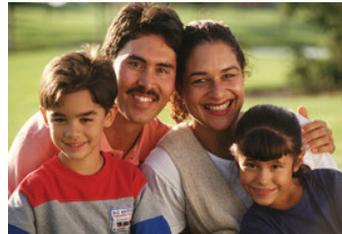
Juggling everyday responsibilities, coping with changes and dealing with unexpected problems are a part of life. To help, your employer is making The Lexington Group Employee Assistance Program available to you and your immediate family. The EAP provides professional and confidential assistance for virtually any personal problem like:

- ◆ Marital and Family Difficulties
- ◆ Emotional Stress
- ◆ Addictive Disorders
- ◆ Problems at Work
- ◆ Elder Care
- ◆ Financial or Legal Concerns

EAP Services include an initial clinical evaluation and assessment, treatment planning, counseling, referrals and coordination with your health insurance or community resources.

## *Confidentiality*

When your personal problems begin affecting your job performance, reaching out to the EAP for help is a positive step. Your job security or opportunity for promotion will not be jeopardized by a request for outside professional assistance. The EAP is a confidential clinical service and your information will never be released without your written consent.



## *It's Up to You*

Your Lexington Group, Inc. Employee Assistance Program is available to you and your family members 24 hours every day to help with any concern, large or small. Whether you call to locate a resource, discuss a problem, deal with a crisis or just talk to someone, we're here to help...It's up to you.



## *We Can Help*

When you call The Lexington Group, Inc., toll free, a mental health professional will listen to your problem, ask a few questions, and help you make an appointment with an EAP Clinician at a convenient location. While many problems can be resolved through the EAP, sometimes a different type of treatment or setting is necessary and your EAP Clinician will refer you to the most appropriate resource. It's our job to help.

## *No Cost to You*

The services provided directly by The Lexington Group, Inc. are provided at no cost to you. All EAP counseling sessions are prepaid by your employer. If another qualified professional or specialist is needed for longer term treatment, we'll offer referrals that are approved by your health plan and fit into your budget.