

Remember,  
Aspirus Employee  
Assistance Services  
is confidential.



help is available

## beyond counseling

Talking about your life and your concerns with a counselor can be one of the most healing and most helpful things you can do for yourself. It will not guarantee life-long happiness, but it can give you new ways of solving your problems as well as new ways of seeing yourself and the world around you. Successful counseling can help you take control of your life.



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[aspirus.org/clinics/wwih/eap\\_overview.php](http://aspirus.org/clinics/wwih/eap_overview.php)

# Seeking Help From a Counselor

## life isn't always easy

From time to time, we all face problems that seem too much for us to handle. When your problems become too complicated or too overwhelming to cope with alone, outside help may be needed. A counselor is someone who will listen to you, take your problems seriously, and offer you new ways of looking at your situation. Counseling or therapy can often help you regain a feeling of control in your life.

## do I need counseling?

If you feel very lonely, depressed, fearful, anxious, angry, guilty or that you have lost control of your life, it may be an indication that you need outside help. If you are overeating, excessively drinking or working, having trouble sleeping or unwinding, it may be an early warning sign for you to seek help. If you have recently experienced a major change in your life such as the loss of a job or the loss of a loved one through death, divorce or separation, a counselor may be able to help you put your life in focus again. Many people just need and want guidance from someone who has helped others in similar situations.

## choosing a counselor

A counselor or therapist is a highly skilled and trained individual. There are many different kinds of counseling professionals such as psychiatrists, psychologists, marriage and family therapists, psychotherapists, pastoral counselors, child and adolescent counselors, and social workers. If you want to talk to someone but don't know how to choose a counselor, Aspirus Employee Assistance Services can help. Calling the confidential Helpline at 715-848-4357 will put you in touch with staff who are trained to help you find a professional who best meets your needs.

## how often would I see a counselor and how do I pay?

Once you have decided to see someone, you will need to make a phone call to set up your first appointment. How often you will see this counselor will depend upon the nature of your problem and on your needs. Sometimes short-term or brief therapy (generally 3-8 sessions) is all that is needed. However, you and your counselor may decide to continue the counseling process for a longer period. Counseling sessions usually last about 60 minutes and are scheduled a week to several weeks apart. Sometimes family members are included in the sessions.

Your Employee Assistance benefit may include an initial appointment with a counselor free of charge. Further free sessions may also be possible through Aspirus Employee Assistance Services depending on the circumstances and on your par-

ticular benefit option. Your initial conversation with the Helpline phone counselor will clarify your Employee Assistance benefit.

The cost of therapy beyond Aspirus Employee Assistance Services may be covered by your health insurance. You will need to determine payment options and costs for any appointments made outside of Aspirus Employee Assistance Services.

## is counseling confidential?

Confidentiality means no one will know that you are receiving counseling help, unless you tell someone. Also, counselors work under a code of ethics that states they will keep what you say confidential, unless you give written permission to disclose information.

## help is available

**Aspirus Employee Assistance Services has counselors available to help you and your family. You can call the confidential helpline 24 hours a day at:**

**715.848.4357 ~ 800.236.4457  
TDD# 715.845.4928**

[aspirus.org/clinics/wwih/eap\\_overview.php](http://aspirus.org/clinics/wwih/eap_overview.php)