



## EMPLOYEE ASSISTANCE PROGRAM

### **Triad EAP provides solutions for today's employee.**

Whether you are facing challenging life problems or you want to take your personal or professional life to the next level, Triad has the resources to help.



#### **HOW WE CAN HELP:**

- Balance work and home life
- Enhance relationships and communication
- Conquer stress
- Work through grief, loss and trauma
- Feel and sleep better
- Calm anxiety
- Defeat depression
- Trounce addictions
- Improve workplace relations
- Sharpen your parenting skills
- Access resources for child and elder care
- Tackle legal or financial challenges

#### **WHAT IS AN EAP?**

We are all human. We all experience personal problems that profoundly impact us and our families from time to time. Divorce, the death of a loved one, parenting dilemmas, and attempts to overcome an addiction are just a few of the issues that can bring us to our knees. And the problems don't need to be situational: what about stress, anxiety, or depression? These problems follow us to work and effect how we perform our job and get along with coworkers.

#### **WHO CAN USE THE EAP?**

Services are available to the employee, your spouse or significant other, and dependents 26 and under.

#### **COUNSELORS**

Triad EAP's network counselors are highly qualified, credentialed professionals with expertise in various areas. Our counselors have master's level degrees in psychology, counseling and/or social work; current liability insurance coverage; and active licensure.

#### **CONFIDENTIALITY**

Triad is bound by strict privacy standards. The only information your employer sees is statistical and demographic information – no names or identifying information are given. Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are under a court order. (For more information, see Section 12-43-218 of the Colorado Regulatory Statute.)



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### Legal/Financial EAP services:

#### HOW MUCH DOES IT COST?

Triad EAP is a prepaid service offered by your employer; you have a limited number of free counseling sessions. EAP is short-term solution-based counseling. For help beyond the scope of the EAP; your counselor may suggest another resource. You would be responsible for any fees for resources used outside the EAP.

#### HOW DO I GET STARTED?

The first step is to find a counselor within the EAP network. Go to [www.triadeap.com](http://www.triadeap.com) and enter your username and password found below. Click on the Provider Search button to discover counselors in your area. Once you've chosen a counselor, call us from 8 a.m. to 6 p.m. (MST) Monday through Friday.

#### WHAT IF I'M IN CRISIS?

In case of mental health emergency, call anytime 24-hours a day, seven days a week and talk to our on-call therapist at the number below.

#### LEGAL AND FINANCIAL SUPPORT

- Free 30-minute consultation with attorneys on civil or criminal matters with discounted fees for most ongoing legal services
- Free consultation with financial specialists regarding budgeting, credit concerns, financial planning and help with identity theft and recovery

#### ONLINE RESOURCES

Monthly webinars cover a variety of work-life topics, with archived webinars available. Articles and tip sheets on legal and financial issues, downloadable legal forms and a variety of financial calculators. There is also a free online Will Builder.



**Aspen Skiing Company** full-time, part-time, seasonal and temporary employees, spouses, and dependent family up to 26 years old can access:

- Up to 3 free counseling sessions per year
- Financial experts for advice on a range of financial issues
- Legal help by phone or with a local attorney; includes a free ½ hour consult and discounted rates if further help is requested for many issues
- On-line counselor profiles and thousands of legal/financial articles and tools:

Go to: [www.triadeap.com](http://www.triadeap.com)

Username: **aspen**

Password: **skiing**

Please call Triad EAP before contacting a counselor:

Toll free: 1-877-679-1100

Phone: 970-242-9536