



Northeast Behavioral Health

Employee Assistance Program (EAP)

Issue No. 1

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Hello and welcome to the first EAP newsletter!

The Employee Assistance Program is a employer-purchased counseling benefit that is available to you and your immediate family members. EAP offers brief counseling, including "fast-tracked" access to services, assessments, individual, couples and family counseling, substance abuse/addictions counseling or referrals, stress management workshops and referrals to providers.

If you feel that difficulties at home or in the workplace are impacting your work, feel free to call.

Sincerely,
Susan Weinstein, LICSW, SAP
Northeast Behavioral Health
(978) 236-1681
<https://bit.ly/youreap>



SCHOOL

TRANSITIONS

Fall is often a time of transitions. Did you send a child to school for the first time? Or did one of your kids go off to college?

These school transitions are significant milestones in the life of a child (young adult) and for the entire family. This is more than a time of "just going to school" but rather a time of departure and separation.

To read more about this, go to [click here to read](#)

Thank you for reading the EAP newsletter. We hope that you found the articles relevant and interesting. Please feel free to contact us if we can be of help.

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Benefits of EAPs

Did you know that Employee Assistance Programs (EAPs) lead to healthier and happier workplaces?

Employee Assistance Programs have a positive impact on a number of workplace issues frequently associated with depression and substance abuse, according to findings from a study conducted by Magellan Behavioral Health. To read more, go to: <http://www.newswire.ca/en/releases/archive/June2011/21/c7804.html>

Selfcare tips:

- exercise regularly
- take time to connect with your support network
- enjoy outside activities
- eat a healthy diet
- remember to laugh!



Here are some of our clients:

- Northeast Health Systems
- City of Peabody
- City of Beverly
- Cape Ann Transportation Operating Co.
- Peabody Schools
- Beverly Public Schools
- Lyons Ambulance Service, LLC



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