



Partnered with



## The Catholic Diocese has a new employee benefit!!!

### Employee Assistance Program (EAP)

#### What is EAP?

The EAP is a service for employees and their eligible dependents that may be experiencing personal or workplace problems. **Moore Counseling & Mediation Services, Inc.** is an independent service provider that your employer has contracted with to provide the EAP to employees. And it's completely confidential.

#### What are some ways we can we help?

- ❖ Dealing with financial issues
- ❖ Anger and Aggression
- ❖ Handling life stressors
- ❖ Helping with an elderly parent
- ❖ Relaxation techniques
- ❖ Understanding & managing depression
- ❖ Healthy eating and nutrition
- ❖ Wellness goal setting
- ❖ Coping with health & medical challenges
- ❖ Child being bullied at school
- ❖ Suicidal Thoughts
- ❖ Dealing with Grief
- ❖ Anxiety
- ❖ Improving family relationships
- ❖ Coping with crisis
- ❖ Mental Health Assessment
- ❖ Substance Use Assessment and treatment
- ❖ Parenting Skills
- ❖ Conflict Management Tools
- ❖ Handling difficult people and situations
- ❖ Improving communication
- ❖ Improving workplace performance
- ❖ Childcare and Eldercare referral services
- ❖ Stress

**And many other services based on individual need**

#### Accessing the Service

Simple...call us! Please feel free to call our office if you have any questions about the services we provide. We look forward to hearing from you! We at **MCMS** are committed to answer our phones live 24/7.

Phone: 216.404.1900 Website: <https://www.moorecounseling.com/> Email: [eap@moorecounseling.com](mailto:eap@moorecounseling.com)