Employee Assistance Counseling Program (EACP)

Employee Assistance Counseling Program
1240 Huffman Mill Road
Burlington, NC 27215
336-538-7481 or toll free 877-800-9401
www.conehealth.com
What is EACP?
The Employee Assistance Counseling Program, or EACP, is a service of Cone Health provided by your employer. Services offered by EACP include: assessment of problems; counseling for individuals, couples, or families; counseling for adults, adolescents, or children; or referral to other specialized services. All services are confidential and professional. Voluntary use of EACP services will not be noted in any employee records or known by your managers.

Why Use EACP?
Problems can erode your effectiveness, mood, and quality of life. EACP helps to minimize or prevent problems from negatively altering relationships, work abilities, and life satisfaction. EACP can help with:
- Stress
- Marital Conflict
- Depression
- Substance Abuse
- Loss and Grief
- Family Problems
- Job Burnout
- Anxiety
- Aging Parents
- Parenting or School Problems
- Financial Stress
- Legal Concerns
- Loss of Life Direction
- Workplace Difficulties

What are Some of the Program Features?
- **Making Appointments:** Call EACP directly by dialing 336-538-7481. Listen to menu options and select the one for scheduling appointments. If any difficulties are encountered, do not hesitate to speak to the office manager.

- **Emergencies:** Occasionally, people experience larger-than-life tragedies. EACP can assist with crises through unscheduled appointments or through the 24/7/365 Help-Line. During regular EACP office hours, contact the office. After hours, dial the EACP office number and follow the instructions in the message.

- **Workshops:** Workshops on a wide variety of topics are offered in the EACP facility or in your place of employment. You may learn of these through the EACP newsletter, through your employer, or through postings on your work bulletin board. You may also call EACP to suggest a workshop or a lunch-and-learn event for your place of employment.

- **Counseling Groups:** Many people prefer to address their problems in counseling groups where built-in support and understanding already exist. Groups are offered as the need arises. Be sure to ask your counselor or call the EACP office to see what groups are currently being offered or to suggest one.

- **EACP Staff:** EACP staff members are highly trained compassionate psychotherapists. The group brings a wide range of talents to the service and has more than 100 years of combined experience. Everyone on the staff has either a master’s or doctorate degree and is licensed to practice in the state of North Carolina.

- **Newsletters:** Informative wellness newsletter provided to employers designed for managers, supervisors and employees filled with tips for dealing with real-life situations.

For Information, Appointments, or Crisis Assistance: Call 336-538-7481 or toll free 1-877-800-9401.

Locations:
- **1240 Huffman Mill Rd.**
  Burlington, NC 27215
- **618 S. Main Street**
  Reidsville, NC 27320
- **Freeman Building**
  Suite 407
  612 Pasteur Rd.
  Greensboro, NC 27403
- **Suite 102 B**
  Medical Park Drive
  Mebane NC 27302.