

EMPLOYEE ASSISTANCE PROGRAM

Connecting employees with the help they need. Fast.

www.tcmcounseling.org

Common mental health issues...

What do they look like in the workplace?



DEPRESSION: Nervousness, restlessness, or irritability. And, in physical complaints, such as preoccupation with aches & pains. Employees may become passive, withdrawn, & unproductive. May be fatigued at work due to the depression or lack of sleep. Judgment may be impaired, as well as poor decision making.

ANXIETY: Restlessness, fatigue, difficulty concentrating, and excess worrying. Employees may require constant reassurance about performance.

ADHD: Disorganization, failure to meet deadlines, inability to manage workloads, problems following instructions, and arguments with co-workers.

BIPOLAR DISORDER: (cycling between elevated or manic & depressed moods). In manic phase, highly energetic & creative, but productivity may suffer. During full-blown mania, may be disruptive, overly aggressive & make mistakes.

Fast access to help.

Sometimes, a same day intake is needed. We can do that.

TCM is a non-profit organization.

When TCM is your EAP, you not only help your employees and their dependents, you help your community.

What TCM's EAP does:

Provides you the resource to help valued employees be their best.

- A challenged employee needs help to produce quality work. You will be able to offer confidential, and professional mental health services at no charge to them.

Shows the employee that you also care about their dependents.

- All employee dependents have access to the same benefits as the employee.

Gives you the ability to handle complicated situations when needed.

- Crisis intervention gives you peace of mind in the case of an unfortunate incident. You call— we are there immediately to take care of your people.

TCM has a panel of 50+ therapists, all which have their own expertise. We are THE resource to offer help and healing for your workforce and the people they care about.

Current Statistics:

- ✦ 1 in 5 adults in America experience a mental illness.
- ✦ Suicide is the 2nd. leading cause of deaths in persons between the ages of 15-34 yrs. old.
- ✦ In 2017, Ottawa County reported an alarming 8% of youth have attempted suicide one or more times in the last 12 months.



Let's Talk... We can help.