

*“A journey of a thousand miles  
begins with but a single step.”*

— *Chinese Proverb*

*“When we blame,  
we give away our power.”*

— *Greg Anderson*

*“You can’t have a better  
tomorrow if you are thinking  
about yesterday all the time.”*

— *Charles F. Kettering*



## COUNTY OF BERGEN

**Dennis McNerney**  
*County Executive*

### BOARD OF CHOSEN FREEHOLDERS

**Bergen County**  
**Department of Health Services**  
Stephen C. Tiffinger, *Director*

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**BERGEN COUNTY**  
**DEPARTMENT OF**  
**HEALTH SERVICES**

Confidentially...  
Your EAP can help you

# EMPLOYEE ASSISTANCE PROGRAM

**DENNIS MCNERNEY**  
*COUNTY EXECUTIVE*

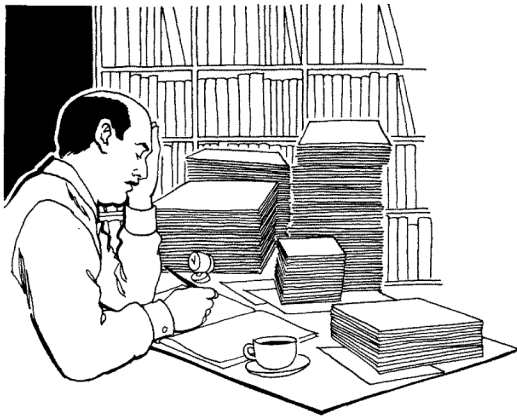
## PERSONAL PROBLEMS

Whatever issues you may be facing that are distracting you from enjoying your life, the EAP can help.

- Family
- Money Management
- Legal
- Substance Abuse
- Co-dependency
- Compulsive Gambling

The EAP offers employee assistance professionals with whom you can speak **CONFIDENTIALLY.**

A Licensed Clinical Social Worker will provide you with assessment, referral and continuing careful coordination of services.



## ABOUT THE EAP

When EAP involvement is voluntary, no one else is consulted.

When a supervisor refers an employee to the EAP due to job performance problems, that supervisor will be informed only of the employee's compliance with EAP/client developed plan.



Use of the EAP by employees does not endanger their jobs or opportunities for promotion. In fact, supervisors tend to think positively of those who make an effort to improve job performance by complying with EAP recommendations.

While EAP services are cost free to employees and most referrals are covered under insurance plans, at times there may be fees and co-pays involved in some ongoing services. In these cases, the EAP counselor will carefully explain all costs to the employee.

## CONFIDENTIALITY & ACCESSIBILITY...

*...are the cornerstones of the EAP philosophy.*

The decision to ask for help is usually a difficult one to make. Often we tell ourselves that we can handle our personal problems alone.

When our stress level escalates and we find that the problem permeates other aspects of our lives...

*...it's time to call your EAP.*

**(201) 342-1338**

**It's easier  
than you think!**

