



# **Your Employee Assistance Program**

*WE ARE HERE TO HELP*

Any day, any time  
with FREE  
confidential support.

**240-740-6500**

Maryland's Largest School District

**MONTGOMERY COUNTY PUBLIC SCHOOLS**

## **BALANCING THE RESPONSIBILITIES**

of work & family can be challenging.  
You might be dealing with an issue that is  
causing you anxiety & concern, or simply  
looking for information on practical matters.



Your Employee Assistance Program provides  
no-cost professional, confidential support on  
many of the issues you deal with in life.

## **WHEN SOMEONE GETS HELP**

with a personal or work concern,  
their job performance improves,  
their home life improves, and

**EVERYONE BENEFITS.**

## How can the Employee Assistance Program help me?

**WE ARE HERE** to provide no-cost personal counseling & work-life services to you & your immediate family members to help manage everyday challenges. These may include:

- feeling under pressure at work
- relationship issues
- coping with grief and loss
- concerns that you or someone you know may be having difficulty with alcohol or drug use
- financial or legal issues
- needing services or resources for an aging parent
- dealing with a challenging supervisory situation & unsure of the best way to manage it

## Here are Your Employee Assistance Program services:

- No-cost confidential, professional counseling
- Support & guidance on legal, financial, family & work issues
- Consultation & coaching for difficult work situations
- Wellness workshops on a wide variety of relevant topics
- Online tools & information to enhance your well-being

## Who will know that I've contacted the Employee Assistance Program?

**NO ONE.** All discussions between you & EAP counselors are confidential. Information about your contact with the EAP will only be released with your written consent, except in situations where there is a significant risk of harm to yourself or others, or in the case of child or elder abuse.

## Help is Available!

- No-cost, confidential short-term counseling
- Support for supervisors
- Mental health and well-being workshops on topics such as stress management, work-life balance, mindfulness, resiliency, etc.
- Legal and financial resources, including union network referrals that provide member discounts
- Work-life services, such as referrals to community providers and resources
- Well-being information, including monthly bulletin boards and a quarterly newsletter
- Eldercare support
- Mediation/Dispute Resolution Program
- Critical incident response

## Who provides the services and supports and what is their contact information?

**240-740-6500**

(8:30 a.m.-5:00 p.m., year-round)  
45 West Gude Drive, Suite1300  
Rockville, MD 20850

Erica Guiton, LCSW-C, CEAP  
EAP Specialist

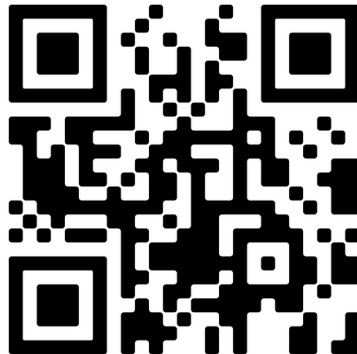
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EAP Wellness Coordinator

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EAP Wellness Coordinator

Lynn Murray - Secretary

Scan this QR code with your smart phone to visit the EAP website



Website: [www.montgomeryschoolsmd.org/departments/eap/](http://www.montgomeryschoolsmd.org/departments/eap/)