



Let's Talk About it



Employee Assistance Program
Ben Gordon Center

Welcome to the Life Solutions™ Employee Assistance Program

Everyone at some time needs help. Stress, anxiety, depression, family and marital issues, economic stress. Knowing where to turn can be a difficult decision.



Your employer has added a very valuable benefit. You are now members of the Ben Gordon Center's **Life Solutions™ Employee Assistance Program™**. An Employee Assistance Program is a human relations resource, which companies provide for their employees and families to help them cope with the problems, stress and discomfort in their lives.

If you are not a member of the Ben Gordon Center **Life Solutions™** EAP program, have your employer call us today for a free employer **Wellness Seminar** and information about how **Life Solutions™** can bring balance back to your life

The goals of the **Life Solutions™** EAP are to:

- Help to insure the emotional health and well being of employees and their families by encouraging early identification and treatment of personal problems
- To help to create a healthy and safe working environment for all employees
- Serve as a resource for key personnel and all employees
- Maintain an efficient and cost effective work force.

Our services are completely confidential.

The Experts at the Ben Gordon Center offer a wide range of mental health and substance abuse, marital and family counseling.



How do I make an EAP appointment at BGC?

- You can call during regular business hours to -815-756-4875 to make an appointment.
 - Please identify yourself as a Employee of your company's Employee Assistance Plan
- After hours call 800-357-3133 to speak to a counselor right away
- It's that easy. Make your first call the right call.

For More Information about Mental Health and Substance Abuse Services
Call 815-756-4875 in DeKalb

Or

815-7867544 in Sandwich

Or visit our Website at www.bengordoncenter.org



Employee Assistance Program
Ben Gordon Center