


Family & Children's Services

EMPLOYEE ASSISTANCE PROGRAM



 Family &
Children's
SERVICES

Life Changing.



Family & Children's Services is the place to turn to when pressures and stresses of daily life become unmanageable.

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From time to time, each of us is faced with problems that cause emotional pain. As simple as it sounds, sometimes these concerns can be solved or put into perspective by sharing the issue with someone who knows how to listen and where to find solutions.

Call Family & Children's Services — your Employee Assistance Program (EAP) provider — when you need help with:

- » Stress
- » Relationship problems
- » Anger management
- » Anxiety
- » Depression
- » Alcohol or drug dependencies
- » Grief and loss
- » Coping with change
- » Divorce adjustment
- » Family conflicts
- » Parenting challenges
- » Survivor of sexual abuse
- » Workplace conflicts
- » Personal growth

WHAT IS AN EAP?

An EAP provides voluntary and confidential counseling, consultation, evaluation and information to employees and family members who request help with problems. We can also refer you to local community resources when needed.

WHO USES AN EAP?

All employees and family members can contact us about life problems and challenges. You can call on your own or supervisors may suggest it if personal problems interfere with job performance.

WHO WILL KNOW IF I USE MY EAP?

An EAP is a confidential counseling and referral service. Services are provided at one of our office locations, not at your workplace. No one will know of your appointment without your express written consent.

WHAT DO I SAY WHEN I CALL?

Identify yourself as an employee or family member who wants to use the EAP services. An appointment coordinator will ask a few questions to help determine the most convenient office location and the best counselor for you or your family members.



Help is just a phone call away. For more information or to schedule an appointment, call:

TULSA: 918.587.9471

TOLL FREE: 800.616.3757

Family & Children's Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

Family & Children's Services
650 South Peoria Avenue
Tulsa, Oklahoma 74120

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www.fcsok.org



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