

## Additional Information

### How many sessions are participants entitled to?

Up to five sessions per employee household each fiscal year (Sept. 1- Aug. 31).

### How is the referral process done?

Self-refer by calling or sending an email and asking for an appointment or information.

### Is there a fee for the services?

Up to five EAP sessions are provided per household per fiscal year at no cost to the employee.

### Are these services offered in other languages?

Services are offered in English and Spanish.



## EMPLOYEE ASSISTANCE PROGRAM

Caring and Confidential

**For appointments, call:**  
915-215-6255

Services are provided by:  
Department of Psychiatry Psychology  
Staff and Advanced-Level Supervised  
Providers

[TTUHSCEIPasoAssistanceProgram@ttuhsc.edu](mailto:TTUHSCEIPasoAssistanceProgram@ttuhsc.edu)

**Office Hours: Monday-Friday**  
**8 a.m. – 5 p.m.**



### Are you or a family member experiencing any of the following?

- ✓ Stress
- ✓ Workplace conflicts
- ✓ Problems at school
- ✓ Anxiety
- ✓ Depressed mood
- ✓ Anger control
- ✓ Marital/relationship difficulties
- ✓ Grief and loss
- ✓ Parenting difficulties
- ✓ Aging parents



## What is the Employee Assistance Program (EAP)?

TTUHSC El Paso recognizes that personal problems can have a direct and adverse impact on an individual's job performance.

Confidential, on-site counseling services are offered to full-time, part-time and temporary employees, as well as immediate family members living in their households.

Employee Assistance Program appointments are intended to help with a variety of personal issues, including relationship, family, emotional, stress and behavioral concerns.

## What services are not included?

- Counseling for alcohol/drug abuse or addiction
- Legal advice
- Financial services

## How does the program work?

The participant will receive up to five psychotherapy sessions free of charge.

If further services are needed, information regarding resources will be provided.

Cost of counseling or treatment beyond the five EAP sessions are the responsibility of the individual.



## What happens if the participant requires medication?

The participant is referred to a physician on their insurance panel or to a physician in the Texas Tech Physicians of El Paso

Department of Psychiatry, based on the participant's preference.



## Are EAP services confidential?

In the EAP, we respect patients' privacy. EAP records do not become part of the individual's medical record.

No confidential information will be released without the participant's written authorization unless required by law or mandatory reporting regulations.