



## Connect with our Team

To schedule an appointment:

Call (309) 779-2273 or call toll free at  
(800) 383-7900

For customer service assistance:

Call Stephanie Burrough  
Customer Service Coordinator  
Office: (563) 742-2455  
Fax: (563) 742-5810

Precedence, Inc.



# GET BACK TO FEELING YOUR BEST.

Employee Assistance Program  
(EAP)



Precedence, Inc.

# It's OK to not be OK.

## It's OK to get help.

It's completely normal to feel stressed, anxious, or depressed sometimes. However, when these feelings become persistent or unmanageable, it's time to seek help through our Employee Assistance Program (EAP).

## About EAP Services

Precedence Inc. EAP is proud to offer compassionate and confidential care through our EAP program.

EAP services are designed to help team members and their eligible family members identify and resolve personal concerns.

**You do not need a referral to use EAP services.**



## Services are Free

As part of your benefits program, your employer covers the expense of up to six counseling sessions per year for you and your eligible family members. Should you wish to continue counseling after your initial EAP sessions, your provider will discuss recommendations for additional care with you. Contact your HR department to find out how many sessions are available to you and your family members each year.

## Services are Confidential

For many team members, exploring EAP services may be a big step. It can be difficult to feel vulnerable. Our licensed counselors understand this sentiment and consider it a privilege to earn your trust and care for you. Protecting your privacy is essential to a successful counseling experience and you can be assured that your sessions will remain confidential.

## Support for all of Life's Moments

Precedence Inc. EAP providers offer counseling services to help you make healthy changes in your life and learn coping methods to overcome any challenges life throws your way, including:

### Coping strategies to better manage

- Depression
- Anxiety / stress
- Anger
- Behavioral issues

### Difficult life transitions

- Marriage / divorce
- Parenthood
- Aging
- Employment challenges / job loss
- Loss of a loved one / grief
- Addiction / recovery

### Help for relationships

- Marital problems
- Parent-child conflict
- Interpersonal conflict or troubled relationships

### Managing the emotional aspects of disease and disability

- Physical illness
- Physical injury / loss of abilities
- Chronic pain

### Healing from trauma

- Disaster or accident
- PTSD
- Physical, sexual or emotional abuse
- Domestic violence
- Identity and self-esteem issues

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