

EMPLOYEE ASSISTANCE NETWORK

Metropolitan Family Services

150 years of amazing strength



BELT RAILWAY COMPANY OF CHICAGO EMPLOYEE ASSISTANCE PROGRAM

All of us experience personal problems during our lives. While we may be able to work through many of these on our own, there are personal concerns that require outside help to find true resolution.

The Employee Assistance Program (EAP) is a prepaid employer benefit which provides voluntary, confidential counseling to you and your family to help solve problems that affect your personal life and work performance. Helping you and your family maintain a healthy, balanced work and personal life is what this program is all about.

WHAT PROBLEMS WILL THE EAP HELP YOU WITH?

The EAP is set up to help with all types of personal concerns including:

- Emotional Crisis
- Financial Management
- Domestic Violence
- Coping with Illness
- Single Parenting
- Child Care
- Family Concerns
- Elder Care Assessment
- Relationships
- Child Abuse
- Depression/Anxiety
- Alcohol/Drug Abuse
- Legal Concerns
- Gambling & Debt
- Divorce
- Grief & Loss
- Eating Disorders
- Personal/Work Stress

WHAT TYPE OF ASSISTANCE IS AVAILABLE?

Up to 6 confidential short-term counseling sessions are provided to address personal concerns. Legal consultation, childcare resources, financial and debt management guidance and eldercare consultations are also included. Unlimited telephone consultation is available too. The EAP can help you locate many resources you may not be aware of.

WHO WILL PROVIDE THE ASSISTANCE?

The Employee Assistance Network, a division of Metropolitan Family Services provides the counseling services. The professional EAP staff has advanced degrees in personal, family, financial, legal and substance abuse counseling.

WHAT ARE THE COSTS?

There is no cost for you or your family members in your household to use the EAP. Your Employee Assistance Program is provided as a free employer benefit. There is no billing involved when utilizing the EAP. If a referral for additional counseling or other assistance is needed, your EAP counselor will recommend the best services available at the most reasonable cost. Referrals are often made to services covered by your insurance and your follow up is completely voluntary.

IS THE EAP REALLY CONFIDENTIAL?

Yes. Everything discussed in counseling sessions is confidential. No information about the personal problem is shared with the Belt Railway Company of Chicago or anyone else without your written consent.

To make an appointment or to receive more information, contact the EAP directly:

(800) 905-0994

Evening sessions are available by appointment

24 HOUR EMERGENCY RESPONSE SERVICE

ONLINE LIBRARY WEB ACCESS: www.metroeap.com user name and password are both: beltrailway