

Who provides the EAP?

Thoth Solutions, Inc. (TSI)

TSI provides this program for your organization. For over 16 years, TSI has specialized in providing Program Management support services to public & private sector clientele. This support is now extended to the management of Employee Assistance Program that facilitate the health and wellness of DoD civilian government employees while emphasizing a positive results oriented behavioral change approach.

Staffing

The EAP staff provides highly professional counseling and referral services. Our staff consists of:

- *Ph.D. Psychologist -Director /Clinical supervisor with extensive EAP management and counseling, experience*
- *Master's level trained experienced employee assistance counselors with degrees in counseling, psychology, or social work.*

Location

Pentagon

Rm.224 of the DiLorenzo TRICARE Health Clinic on Corridor 8 of the Pentagon.

Mark Center

Rm. B1E02-A (East Tower)

Are personal problems causing difficulty at work ?

For confidential information and assistance, call your Employee Assistance Program (EAP)

Pentagon
703-692-8917

Mark Center
571-372-5617

Employee Assistance Program



EAP

Employee Assistance Program (EAP)

We all have concerns or issues that impact our daily lives. Usually we are able to resolve these issues on our own. Other times, these concerns weigh so heavily on our minds they are with us around-the-clock. Personal problems can adversely affect our relationships, home life and job performance. Your Employee Assistance Program is a free, confidential, professionally staffed counseling service. It is offered to you in order to help you resolve personal issues before they impact job performance.

The EAP can help with:

- Job-related problems
- Emotional and personal conflicts
- Financial problems
- Alcohol or other drug abuse
- Stress or life crisis
- Grief and loss
- Domestic Violence
- Couples and family problems
- Balancing work and family

This list provides an idea of the kinds of problems the EAP may be able to help you work through, but it is not exhaustive. Please contact the EAP to discuss your specific concerns. Talking things over with a professional counselor can often give you the direction you need to resolve the issues that are getting in your way.

Services provided:

- Assessment and short-term counseling
- Referral to area resources for treatment and assistance
- Client follow-up and aftercare
- Crisis intervention

Often a personal problem can be resolved in a few visits. If your particular concern requires more specialized assistance, the counselor can refer you to the most appropriate resource. Insurance or medical programs can cover most referral options.

Supervisory Services:

The EAP offers supervisors consultation and assistance in identifying and responding to employees with work performance problems.

Confidentiality

No employee's job status or promotion opportunity will be endangered by a request for assistance. Federal and state law guarantee the confidentiality of client identity and records. The primary concern is that employees receive the assistance they need.

Scheduling an appointment

You or a family member may contact the EAP directly by calling the number printed on the back of this brochure. An appointment will be made for you with one of the counselors at your convenience.

Workshops and classes

To promote a productive and positive work environment, we offer workshops for both supervisors and employees on a variety of topics. We can even tailor training to meet the needs of specific workgroups. Our most popular topics include stress management, positive parenting, supervisory training and dealing with challenging people. Call the number on the back of this brochure for more information.