



EMPLOYEE ASSISTANCE PROGRAM

Problems we can help with

- ▶ Emotional and personal conflicts
- ▶ Depression
- ▶ Family and relationship concerns
- ▶ Drug/alcohol abuse
- ▶ Relapse prevention
- ▶ Stress and change management
- ▶ Financial stress
- ▶ Career concerns
- ▶ Divorce or separation
- ▶ Grief
- ▶ Work performance issues
- ▶ Parenting
- ▶ Compulsive disorders



Hanford Occupational Health Services

We can help.

There are often support people in your everyday life that you haven't even thought of asking for help. We'll also identify resources that can make a difference in your life.



Behavioral Health Services

Problems we can help with

Behavioral Health Services

1979 Snyder Street, Suite 150, MSIN G3-70
Richland, WA 99354

(509) 376-4418

Monday through Thursday
7:00 a.m. to 4:30 p.m.
Alternate Fridays
7:00 a.m. to 3:30 p.m.

U.S. Department of Energy – Richland Operations

www.hanford.gov/amh



Changes at work – even good ones – can make you feel uncertain, anxious, frustrated, and even angry.

These are changing times that affect all of us.

Having trouble talking to your manager?

Nervous about the next layoff?

Is the old work gang not what it used to be?

Having trouble teaming with the new players?

Has your teen pushed you to your limit?

Feeling disconnected with your family?

Are you taking care of YOU?

How can you tell if it's time to ask for some help?

- ▶ **When you feel like you can't do it alone.**
- ▶ **When you feel trapped, like there's nowhere to turn.**
- ▶ **When you worry all the time and never seem to find the answers.**
- ▶ **When the way you feel affects your sleep, your eating habits, your job, your relationships, and your everyday life.**
- ▶ **When it's not getting any better.**

- American Psychological Association

We can help.

Personal problems are a part of everyday life. Sometimes you're too close to your problem to be able to step aside and figure out how to fix it. We can help. We can provide an outside view that can offer solutions.

Who will you talk to?

You will meet confidentially with one of our counselors.

Our staff members are licensed in psychology, counseling, and clinical social work. They have experience serving the Hanford Site population and can help you with personal, family, or job-related problems.



What can a counselor do?

Change is manageable.

You need to know what you can change and what you can't. Our staff can help you identify your needs.

How many times have you read "how to" literature on fixing a problem, but couldn't see how it could apply to you?

