The Employee Assistance Program (EAP) is there to help you with life’s problems. Calvin College has contracted with Pine Rest Christian Mental Health Services to provide professional counseling services to any employees who need help.

**What is the Employee Assistance Program?**
The Employee Assistance Program is a **confidential** service. It provides professional counseling to employees, their spouses and children living in the household.

**Who can use the EAP?**
All employees or household members can call the EAP for help whenever a personal problem is troubling them.

**What kinds of problems do people contact the EAP about?**
Common problems include:
- Marital, family or relationship issues
- Alcohol/substance abuse
- Emotional problems (depression, anxiety, etc.)
- Legal and financial difficulties
- Work-related problems

**How do I contact the EAP?**
You can call a counselor for help 24 hours a day, 7 days a week.

Call 616.455.6210 or 1.800.442.0809; or you may call any of the clinics directly (see the back page for locations). Appointment hours vary by clinic. Evening and Saturday appointments may be available. Please remember to identify yourself as an EAP member.

**What services can I receive as part of the EAP?**
- Unlimited telephone consultations
- Information
- Up to three face-to-face visits per problem to figure out what to do
- A referral to other services as needed

**What will the EAP cost me?**
Up to **three** face-to-face visits per problem are provided at **no cost**. Often these visits are all you need. If you are referred for other services, there may be a cost. Some of these services may be fully covered, partly covered, or not covered at all by your health insurance. The EAP staff will work with you to find the most affordable method to cover the cost of additional services.

**Is EAP confidential?**
All contacts are confidential. Reports made by the EAP to the company do **not** contain any names or specific details.

**What if I have another problem after this one is solved?**
You are **not limited** to the number of times you can call the EAP with a new problem. You are **limited** to three sessions for any one problem.

The Employee Assistance Program
616.455.6210 or
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CALEDONIA:
Caledonia Clinic..........................616/891-8770

CUTLERVILLE:
ADD Institute............................616/281-6311
Campus Clinic..........................616/455-5270
ECT Clinic..............................616/281-6341
Psychological Consultation........616/281-6382

GRAND HAVEN:
Grand Haven Clinic.................616/847-5145

GRAND RAPIDS:
DeMey Clinic............................616/242-6400
Northeast Clinic.......................616/364-1500

GRANDVILLE:
Southwest Clinic......................616/222-3700

HASTINGS:
Hastings Office.......................616/891-8770

HOLLAND:
Holland Clinic........................616/820-3780

KALAMAZOO:
Kalamazoo Clinic.....................269/343-6700

LAKE ODESSA:
Lake Odessa Clinic.................616/891-8770

MUSKEGON:
Mercy-Muskegon Clinic..........231/733-8231

TRAVERSE CITY:
Traverse City Clinic................231/947-2255

WALKER:
Northwest Clinic.....................616/222-3720

ZEELAND:
Zeeland Clinic.......................616/741-3790

PINE REST
Christian Mental Health Services
Restoring Lives, Renewing Spirits
www.pinerest.org