

# ADDITIONAL BENEFIT PROGRAMS

## Employee Assistance Program (EAP)

Sometimes it’s a tough world out there! To help you deal with personal problems that affect your relationships at home and at work, Parkland sponsors an Employee Assistance Program (EAP) as part of its benefits program.

A confidential program, the EAP offers you and your family members a set number of counseling sessions per problem. Services through the EAP are provided at no cost to you, unless you are referred to an outside provider. These referrals will be made based on your health care benefits and your individual needs.

**Available around the clock, EAP experienced counselors can help you address issues related to:**

Family problems	Transgender support	Divorce
Interpersonal communication	Depression	Problems of adolescence
Single Parenting	Unresolved grief	Career change
Alcohol or drug problems	Parent/child conflict	Legal matters
Dual careers	Marital problems	Financial pressures
Life transition	Job “burnout”	Relationships
Anxiety/stress	Sexual problems	Physical abuse
Aging parents	Work-related problems	Eating disorders
	Personal concerns	

The EAP is there to help ... 24 hours a day, 7 days a week. All it takes is a phone call from you. If you want to seek assistance from an EAP counselor, contact ComPsych Guidance Resources at 844-216-8399.



### PART-TIME- WITHOUT-BENEFITS EMPLOYEES

As a part-time-without-benefits employee, you may participate in Parkland’s flexible spending accounts, the Supplemental Retirement Plan (excluding the Parkland match), the supplemental voluntary insurance coverages (Critical Illness Insurance, Group Accident Insurance and Hospital Indemnity), the legal protection program and the pet insurance program. Eligible health care costs incurred may be reimbursed through the Health Care Spending Account. You enroll in Parkland’s spending accounts through MyParkland.