



Some Things You Should Know About EAP

- At AMR, 7 EAP Representatives are assisted by over 200 volunteer EAP Coordinators, from every work group. You can call a Coordinator, or the EAP office for help.
- Available to all employees, retirees and their families.
- Participation in EAP will not jeopardize your job or chance for promotion, no matter what the problem.
- **Free:** There is NO CHARGE to you for the use of EAP services, however, after meeting with you and assessing your needs, we may refer you to an outside provider who may require payment. Your group health plan may cover a portion of the provider's cost, but you will usually be asked for a co-payment.
- **Confidential:** Our EAP Managers are mental health professionals who will do their best to help you. We will make every effort to protect your privacy. If you would like us to communicate information about you to anyone, we do so only with your consent to release information, except when mandated by law. In rare instances, we may be required by law to release information without your consent (specifically, if you intend to harm yourself or others, if we receive information about abuse of a child or elderly adult or if ordered to do so by a judge).

LET US HELP

Mental Health issues are something people rarely think about until they need assistance. In an emergency, finding the right resource or treatment center can be a confusing and frustrating task. Your EAP Manager will help you assess your personal needs and find the right resource for the problem. Through your insurance, they have developed a network of professional therapists, contracted with nationally recognized chemical dependency treatment centers and have lots of other helpful information. Your EAP Manager can also assist in accessing necessary authorizations for services.

The American Airlines EAP is staffed by licensed and/or certified professionals who will assist you. They provide assessment and referrals for many problems including:

Mental Health Counseling

Smoking Cessation

Drug and Alcohol Problems

Financial Concerns

As with physical health, *Quality Mental Health* is a three tier system of *Prevention, Maintenance and Repair*. Seek support before there is a problem. Call for a free, confidential consultation today.

1 800 555-8810 opt 4

Stress Management Tips We Can Learn From A Dog

Eat With Gusto

*When someone is having a difficult day
Be silent, sit close by and
Nuzzle them gently*

*When loved ones come home
Always run to greet them*

Avoid biting when a simple growl will do

*When you're happy, dance around
And wave your entire body*

*Delight in the simple joy
Of a long walk*

Take naps and stretch before rising

*Never pass up the opportunity
To go for a joyride*

