

Wake Forest University

Employee Assistance Program

Welcome! When you face difficulties, the Employee Assistance Program (EAP) is always ready to help.

EAP is provided as a benefit to WFU staff/faculty and their immediate family members. It is a confidential service where trained counselors offer assessment, referral and short-term problem-solving to address a range of personal/emotional concerns. Services are available at no cost.

Contact EAP

- 336-716-5493

Confidentiality

Appointments and services with the Employee Assistance Program (EAP) are strictly confidential. Except in cases of legal responsibility, **no information can be released without written consent**. All discussions in the EAP office remain absolutely confidential. Information maintained by EAP staff is neither part of nor accessible by any medical or personnel record system.

All records pertaining to the counseling services are treated in a highly confidential manner.

Services

Personal Services

EAP provides professional assessment, referral and follow-up services for a range of individual and family difficulties such as:

- Marital problems
- Family difficulties
- Anxiety
- Grief
- Depression
- Stress at home or work
- Alcohol and drug abuse

Workplace Services

- Critical Incident Staff Support
- Leader training and education
- Workplace problem identification and consultation

Leader Resources

If you suspect that personal problems may be to blame for poor job performance, consider referring the staff/faculty member to EAP for an assessment.

It is important for leaders to watch for how often and how severe the individual's job impairment becomes. Occasional incidents of poor performance do not necessarily indicate a serious problem. But a clear, consistent pattern of deteriorating job performance indicates the need for a referral to the EAP.

The sooner a pattern is identified, the more quickly the individual's well-being and capabilities can be restored. The keys are early recognition and action.

Our Staff

Our trained counselors are ready to assist with personal or work concerns.

- Lib Edwards, EAP Director
- June Conaway, Administrative Assistance (handles the calls/intakes for EAP)
- Jack Scruggs, EAP Counselor
- Chacy SanFilippo, EAP Counselor