



Suggesting EAP to Furloughed, Laid Off, or Terminated Employees

If you doubt your own ability to listen patiently or to help someone who is being furloughed, laid off, or terminated, consider consulting with the EAP yourself for guidance or coaching.

Remind these employees of the following:

- This can be a time of serious stress for you and your family. Employee Assistance of the Pacific is ready to provide neutral, free and confidential support to all our employees.
- Separating employees and their families may use their EAP benefit for the next two months.
- EAP can provide you with free and confidential services, including:
 - Counseling
 - Financial Consultation
 - Legal Consultation
 - Eldercare and Healthcare Navigation Consultation
- The counselors at EAP are all professionals who are experts at providing you with ideas and resources for dealing with the pressures that life sometimes presents.
- You don't need to have a mental health problem to see an EAP counselor.
- You do not need to use your medical insurance and there is no charge to you for these sessions.
- The EAP benefit is confidential. No information is shared with your employer, including your name, unless you give permission to do so.
- You can call the EAP directly (808-597-8222) to make an appointment. Services are available through telephone and secure video connections if a face-to-face session is not possible or safe.
- Their central Honolulu office is open 8-5 Monday-Friday, but counselors are available 24/7. They have over 70 counselors available across Oahu, Maui, Big Island, Kauai, Molokai, and Lanai.

Your EAP is here to help you and your covered family members. Call us to arrange free and confidential services, including: counseling (telephonic and video consultation is available), legal and financial consultation, eldercare and healthcare navigations assistance.

Employee Assistance of the Pacific

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