



Employee Assistance Program Services

The City of Montgomery Employee Assistance Program (EAP) is available to all employees and eligible dependents. The EAP provides confidential assessment and short-term, professional counseling services for personal problems that interfere with everyday living.

Counseling Services

Up to six (6) free face-to-face, or telephonic counseling sessions provided for issues such as:

- Grief and loss
- Coping with
- Marital + family issues
- Interpersonal relationship
- Stress-related problems
- Referrals to other professionals when necessary

Work-Life Services

- **Eldercare Support Services:** referrals for eldercare; resources and materials on retirement, housing concerns, grief and loss, disaster support, Medicare/Medicaid, and respite.
- **Legal Counseling Services:** a free, comprehensive legal consultation with access to a 25% discounted rate for future services. (These services do not apply to employment issues.)
- **Financial Counseling Services:** a free session with a certified financial professional with access to a 15% discount for future services and/or local community referrals to other financial advisement resources.
- **Community Support Resources:** access to referrals to thousands of community resources including 12-step groups, community mental health agencies, support groups, and more.
- **Online Services:** The American Behavioral website allows you to navigate services offered, locate a provider in your area, take surveys, and much more. Please visit www.americanbehavioral.com.

Call the EAP at 800.925.5EAP(5327) or visit us online at www.americanbehavioral.com

Online Resources

More than 20,000 articles and interactive modules involving work-life topics such as emotional well-being, family life, health, financial, legal, personal growth, and stress. Some popular items on the website include downloadable will kits, financial calculators, and parenting articles.



To Register:

- Visit www.americanbehavioral.com
- Click on Member Login
- Enter your company name: Montgomery
- Create a Username and Password



Behavioral Health Care Services

Whereas the EAP addresses everyday living problems, your mental health benefits address clinical issues such as depression, anxiety, abuse, childhood trauma, substance abuse, and other serious disorders.

Behavioral health care is an employer-sponsored program designed to provide disorder identification, clinical treatment referrals, and crisis intervention for employees and their family members who experience mental/behavioral conditions.

American Behavioral assists employees and families by identifying and working through conditions that may be a focus of clinical attention such as:



- Adjustment Disorders
- ADD/ADHD
- Anxiety Disorders
- Impulse Control Disorders



- Depression and other Mood Disorders
- Substance Abuse Disorders
- Schizophrenia and other Psychotic Disorders



Contact American Behavioral
CALL: 800-925-5327

Visit us online
WEB: www.americanbehavioral.com