

“The United Counseling Service Employee Assistance Program has been a valuable resource for Seall Inc. year after year. Our employees have always benefited from the knowledge, the support and most of all, the compassion that has been provided. We trust United Counseling Service with our most valuable resource, our employees.”

— James Henry  
Executive Director  
Seall Inc.



# Employee Assistance Program:

Supporting company productivity by supporting the health and wellbeing of your staff.



We respect **WOMEN**, **MEN** and **NON-BINARY** people • We value **BLACK LIVES** • We stand with our **LGBTQIA+ COMMUNITY MEMBERS** • We celebrate **CHILDREN** • We stand with **IMMIGRANTS**, **REFUGEES**, with **INDIGENOUS PEOPLES**, and **PEOPLES OF ALL FAITHS** • We support **INDIVIDUALS** and **FAMILIES** challenged by mental health, substance use and developmental disabilities.

We stand with our **COMMUNITY**.

**HATE HAS NO BUSINESS HERE.**  
**All are Welcome Here.**



### Bennington:

100 Ledge Hill Drive, Bennington, VT 05201 | 802-442-5491

### Manchester:

5312 Main Street, Manchester Center, VT 05255 | 802-362-3950

**ucsvt.org**  
Building a stronger community since 1958.



*United Counseling Service (UCS) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or other legally protected classifications.*

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Our EAP services with UCS provide peace of mind for our employees who are currently going through tough times. Employees know that if they ever need services they would have support within the community. UCS is passionate about helping our employees and their families during challenging times.”

— Elizabeth Buckley, PHR  
 Manager, Human Resources  
 The Bank of Bennington

## A UCS EAP can help your business, large or small:

The health and wellbeing of employees—their ability to cope with emotional, marital, substance use or other personal difficulties—is a significant concern for employers. When employees are unable to carry out their assigned functions due to personal difficulties, it can become an expensive problem for them and their places of work. In most workplaces, lost time, accidents, and errors resulting from personal issues represent real productivity problems that can drag down team morale, general operations, and the bottom line. Employers who provide access to a high quality EAP not only do the right thing by addressing the health of their staff, but they can mitigate business impacts that arise from personal challenges.

## What is an Employee Assistance Program (EAP)?

**Employee Assistance Programs (EAPs)** promote the wellbeing of employees by offering access to free, confidential counseling. EAPs provide comprehensive plans to meet the needs of employees facing personal difficulties. EAPs address a broad and complex body of issues affecting mental and emotional wellbeing, such as alcohol and/or other substance use disorders, stress, grief, and family problems.

As an EAP provider, **United Counseling Service offers** confidential assessments, short term counseling, referrals, and follow-up services to employees and their immediate family members who have personal and/or work-related problems. Our EAP contracts can accommodate businesses and organizations both large and small.

### An EAP is:

- A confidential assessment and short-term intervention program
- A bridge to resources and services through appropriate referrals
- For employees and their immediate family members

### An EAP includes:

- Employee awareness and education
- Assessment, interventions, and short-term counseling

## Job stress has consequences.

Employees say stress and anxiety most often impact:

- Workplace performance **56%**
- Relationships with coworkers and peers **51%**
- Quality of work **50%**
- Relationships with superiors **43%**

According to the National Institute of Occupational Safety and Health (OSHA), **40% of workers** report their job is **very stressful or extremely stressful**

According to a survey by the Families and Work Institute, **26% of workers** report they are **often or very often burned out** or stressed by their work.

**United Counseling Service** has provided mental health and substance use disorder services to local business and industry since 1958. We are a Vermont Care Partners designated agency and Center of Excellence. Vermont Care Partners is a statewide network of sixteen non-profit community-based agencies providing mental health, substance use and intellectual and developmental services and supports. **Call Doris Russell at 802.442.5491 or email drussell@ucsvt.org to learn more about an EAP for your organization.**