

Employee Assistance Program

provided by Arbor Family Counseling

Problems are a part of life

We all face problems from time to time that we usually handle ourselves, yet, sometimes it makes sense to ask for help. UNMC and Nebraska Medicine provide a confidential Employee Assistance Program (EAP) for you and your family members that provides resources and solutions for life's problems.

Because UNMC and Nebraska Medicine are concerned with your well-being, and are aware that personal problems can influence job performance, services are available through Arbor Family Counseling.



11605 Arbor Street, Suite 106
Omaha, NE 68144
402.330.0960 | 800.922.7379

arborfamilycounseling.com

arborfamilycounseling.com



How does the Employee Assistance Program work?

Many of life's problems can be resolved with counseling assistance from your Employee Assistance Program (EAP). All UNMC or Nebraska Medicine employees and their family members receive five free sessions per incident. Family members (spouses, partners and children) also receive five free sessions per incident. Call us or visit the website for help with any of life's problems, such as:

- Stress
- Depression
- Relationships
- Domestic abuse
- Parenting
- Kids/adolescents
- Wellness
- Anxiety
- Grief
- Conflict
- Drug/alcohol abuse
- Divorce
- Anger
- Trauma
- Blended family

Assistance for other personal, family, financial or legal issues is also available. We offer a broad range of solutions for your everyday work/life problems. These include:

- Debt restructuring or financial information
- Legal referrals
- Childcare or eldercare
- Wellness or health referrals
- Living transitions issues
- Referrals for college-age dependents
- Coaching to improve work skills

Is it confidential?

Yes. Arbor Family Counseling adheres to the highest professional standards regarding confidentiality.

What does it cost?

EAP benefits are provided at no cost to the employee and his/her family members. If further counseling is needed, a referral can be made according to your insurance. Your counselor can provide further details.

Getting the help you need

Getting the help you need is simple. You can call EAP 24-hours a day, 7-days a week to reach a professional counselor.

- Identify yourself as a UNMC or Nebraska Medicine employee or family member
- Speak with a case manager or a counselor
- An appointment will be arranged
- Referrals will be made as necessary

You will receive a follow up call to ensure the services were satisfactory.

Appointment details

Appointments can be made by calling a live-answered local or toll-free number or by visiting the Arbor Family Counseling website.

- 402.330.0960 or 800.922.7379
- www.arborfamilycounseling.com

Appointment options include

- Day, evening and weekend sessions
- Various locations including Omaha, Lincoln, Kearney, Scottsbluff and Norfolk
- Off-site Arbor Family Counseling location: 11605 Arbor Street, Suite 106, Omaha, NE 68144 (Arbor Street is one block north of Center Street)
- On-site (Limited days and hours, call or go online to schedule an appointment)
- Using WebEx (Video, web-conferencing that is secure and HIPAA compliant)
- Multiple counselors to choose from
- Counselors with various counseling specialties
- Multilingual Interpreter Services

Additional services

- Management/Supervisory Orientation and Training
- Consultation with Managers/Supervisors
- Educational Presentations
- Webinars
- Crisis Counseling
- Substance Abuse Services

“The best thing I did for my family was to address my stress before it got too overwhelming. The Employee Assistance Program offers realistic, workable solutions to the stress that life creates.”



For more information: arborfamilycounseling.com
Or call us at: 402.330.0960 or 800.922.7379