

Employee Assistance Program

To Assist All District 186 Employees and Dependents



DISTRICT 186
SPRINGFIELD PUBLIC SCHOOLS

District 186 is now offering all employees access to an Employee Assistance Program, which provides behavioral health services to help you, your spouse and your dependent children with personal issues affecting your health and well-being. All employees are able to access this service regardless of their insurance provider for \$0 copay.



Expertise and Compassion

Our Employee Assistance Program includes the following services, provided by the compassionate professionals at Memorial Behavioral Health—Counseling Associates:

- ▶ Telephone intervention or counseling in crisis situations
- ▶ Screening and assessment for issues like trauma, anxiety, depression, substance abuse, marital issues, child behavior and more
- ▶ Up to three sessions of face-to-face, short-term counseling per year, per unique concern
- ▶ Follow-up and treatment plans for any services needed beyond three sessions

Easy Access to Care

The Employee Assistance Program includes screening and assessment services, counseling, follow-up and treatment planning for you, your spouse and your dependent children.

By presenting your employee ID number, you can receive up to three free sessions of face-to-face, short-term counseling per year, per unique concern. You do not have to be part of the District 186 insurance plan or Memorial Choice to access our Employee Assistance Program.

You can access these services by calling 217-788-9345.

