

Is Employee Assistance Counseling Right for Me?

Between a busy home life and a busy career, things can get overwhelming. Life can be stressful and sometimes we all need a little extra support. We recognize the strength and courage it takes to ask for help, our goal is to provide a safe space to partner with you on the journey to living your best life. If you're not sure where to go for help, take a look at the chart below to compare the differences between EAP counseling and traditional outpatient therapy.

	Employee Assistance Program	Traditional Outpatient Therapy
Cost	Free to eligible participants.	Depending on your insurance, likely will require co-pays or out-of-pocket fees.
Who Can Participate	Texas Health employees and members of their household	Anyone
Number of Sessions	Up to 8 total sessions per issue/per year: initial assessment session followed by up to seven EAP counseling sessions	Unlimited
Support Available	Short-term, solution-focused support for a wide variety of issues with more of a generalist approach	Ongoing support for a wide variety of issues -or- specialty care Specialty care includes specific interventions such as play therapy, trauma therapy, etc.
Goal	Focus on solutions	Focus on resolving deeper, long-standing issues. Includes interventions supporting those diagnosed with mental health conditions and/or those needing more intensive and/or ongoing treatment.
Is it right for me?	Think of EAP as visiting with your primary care physician: we're here to assess the situation, and either provide short-term support, or recommend referrals/resources tailored to your unique needs based on the initial assessment. If EAP counseling is right for you, we'll schedule your next session. <ul style="list-style-type: none"> If your situation is determined to require more in-depth support than what the EAP can provide, we will recommend traditional outpatient counseling/community resources and help you locate someone in your insurance network. There may be fees associated with referrals because EAP benefits do not extend to community providers/programs. 	If you need long-term, in-depth support, this is the right solution for you. <ul style="list-style-type: none"> If you're not sure, call the EAP and we can help guide you. Think of EAP as your first step in getting connected with the right level of support.