

Relationship problems.  
Work-related issues.  
Depression or stress.

From time to time, we could all use a little help.  
When we do, the licensed professionals from  
**Arkansas Employee Assistance Program** are ready.

AEAP is a benefit provided to you and your family at no cost by your employer. Our team of behavioral health professionals have years of experience, and are here to help when you're facing problems. Contact us for a *confidential* consultation.



EMPLOYEE  
ASSISTANCE  
PROGRAM

**(800) 542-6021 • (501) 686-2588 • [www.uams.edu/eap](http://www.uams.edu/eap)**  
*A program of the University of Arkansas for Medical Sciences*



### **AEAP can help with:**

- Stress management
- Relationships
- Grief/bereavement
- Substance abuse
- Life balance
- Elder care
- Emotional concerns
- Work-related issues
- Anger management
- Parenting issues



### **Confidentiality.**

Your privacy  
is one of our  
prime concerns.

Protected by state and federal law and professional standards, any records remain within AEAP and are not a part of personnel files or medical records.



### **Who pays?**

Your organization  
has prepaid the  
entire cost of  
the program.

AEAP provides counseling,  
information and referral  
(when needed).