



Employee Assistance Program (EAP)

Wood and Associates offers City of Tampa employees, spouses, domestic partners and dependents an Employee Assistance Program (EAP) also known as People First EAP.

The City of Tampa's mission is to deliver outstanding services to enhance the quality of life of citizens within our community. To do so we rely on our employees who play a major role in meeting this mission. Employee well-being and safety, both on and off the job, is a critical component in the delivery of services. For this reason, the City of Tampa offers a confidential Employee Assistance Program at no cost to employees, spouses, domestic partners and dependents up to four face-to-face visits and unlimited phone contacts per problem or issue per year. All initial contacts will be with a doctoral level EAP counselor and assistance is available 24 hours a day seven days a week including holidays.

People First EAP is a voluntary program to assist with finding help for a wide variety of concerns. Participants are encouraged to call when they first become aware of a problem rather than wait until the problem has grown. No problem is too small or too large. Counselors will help the participant to identify the problem and find a qualified resource near work or home to help resolve the concern. People First EAP is not a treatment program but an evaluation, brief counseling, support and referral program. After talking with the employee, family or significant other regarding the issue that prompted the call or visit, the People First EAP counselor will find the best source of help. Beyond EAP, any additional services may be covered by one's health insurance plan and/or will be the recipient's responsibility.

Problems that your EAP can help resolve:

- Relationship issues: marital, family, separation, divorce, work, domestic violence
- Financial or credit: distress or planning
- Child/adolescent concerns
- Academic, learning or career issues
- Distress, anxiety, depression grief or other emotional concerns
- Alcohol/drug use/abuse/dependence
- Legal concerns
- Elder care issues
- Personal and Professional development
- Interpersonal issues: effective communication, self-awareness, conflict management etc.
- Work and life balance needs

*Confidential and
Here to Help!*



For more information and a periodic subject of interest visit www.PeopleFirstEAP.com

You can also visit: www.woodassociates.net to view a six minute EAP employee orientation video, a six minute EAP supervisory training video and monthly spotlighted articles. Look for streaming video presentations.

Contact Information:

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**In Hillsborough call 813-870-0392
In Pinellas call 727-576-5164
Out-of-Area call 800-343-4670**

