

CITY OF KINSTON EMPLOYEE ASSISTANCE PROGRAM (EAP)

The City of Kinston provides a valuable benefit to all employees and their immediate family members known as the Employee Assistance Program (EAP). We have partnered with McLaughlin Young Group, an independent provider of EAP services.

The EAP offers help for personal and/or professional concerns by providing free, confidential, short-term counseling and personal consultation. Additionally, the EAP provides work-life resources for such issues as legal and financial consultations, online learning, and resources.

Some examples of concerns that the EAP addresses include:

- Family Conflict
- Relationship Issues
- Grief and Loss
- Stress
- Depression and Anxiety
- Work-related Issues
- Alcohol or Drug Use
- Legal and Financial Issues

Confidentiality is one of the most important features of the EAP. No one will know that you have used this resource unless you offer that information or unless someone's safety is threatened.

There is **no cost** to you for your phone calls or face-to-face visits with the EAP. The City of Kinston covers all expenses for this program. Each employee is eligible for 3 free visits per calendar year for each concern. Police and fire are eligible for 10 free visits per calendar year for each concern.

To seek assistance through the EAP, simply call:  704-529-1428 or 800-633-3353 You can also access your EAP by visiting:  mygroup.com → Click on **My Portal Login** → **Work-Life**

Contact Employee Health or Human Resources for the City username and password to use EAP.

Appointments are available during both daytime and evening hours. If you schedule appointments during work hours, it is your responsibility to make appropriate arrangements with your Supervisor, Department Head, City Nurse, or Human Resources Director.

The EAP is not designed to evaluate fitness for duty or authorize leaves of absence but will provide referrals as needed.

Please take advantage of this wonderful benefit. The EAP staff at McLaughlin Young is available **24 hours a day, seven days a week**, ready to assist you.

Remember, the EAP is always a good place to begin.