

**HELP FOR YOU AND  
YOUR FAMILY WHEN  
YOU NEED IT MOST**

# EMPLOYEE ASSISTANCE SERVICES

**Your counseling provider for  
yourself and your family members**

## **WHAT WE OFFER**

*We are able to help you with*

- Anxiety
- Depression
- Relationship Problems
- Child | Adolescent Problems
- Substance Abuse Issues
- Sexual Abuse (ongoing or distant past)
- Trauma
- Many other issues that affect you and your family
- Up to **seven free sessions** per employee or family member
- Face-to-face, telehealth or telephone counseling
- Numerous resources available: **[easbirmingham.com](http://easbirmingham.com)**

# 205-933-7442



**800-367-0101 | AL**  
**800-338-9277 | USA**

SHELBY COUNTY SCHOOLS  
EMPLOYEE ASSISTANCE PROGRAM PROVIDER

**Effective November 1 | 2022**