

Family Service Madison's Employee Assistance Program is designed to be a resource to assist you and/or your family members with getting back on your feet when faced with a life challenge.

Remember, this is a benefit that is paid for by your employer, so it is **free** and **confidential**.

Family Service Madison is a valuable resource for our community providing programs that strive to strengthen individuals and families. Family Service Madison is the provider for your Employee Assistance Program.

Family Service Madison, Inc. EAP

128 East Olin Avenue
Madison WI 53713

Greg Chism, MSW, LCSW
EAP Director
Direct Number: 608-316-1171
1-866-968-7327 (Your EAP)
gregc@fsmad.org
FSM office number 608 252
1320



EMPLOYEE ASSISTANCE PROGRAM



**KNOWING WHERE TO
GET ASSISTANCE IS
CRUCIAL IN TODAY'S
WORLD**



EMPLOYEE ASSISTANCE PROGRAM

When difficulties arise, finding effective help for yourself or your family becomes crucial. Knowing where to turn or how to get started may be the first obstacle. Family Service Madison and your Employee Assistance Program can be the solution.

Your **Employee Assistance Program** can be the first step in helping you get the help you need, and this early intervention may prevent issues from worsening. Your EAP benefit provides you with up to **five** short-term counseling sessions, per contract per presenting issue. Your EAP can assist with many personal, family, and/or job related stressors and challenges. **Examples of Services our EAP Provides:**

- Marital/relationship problems
- Depression/anxiety
- Stress
- Balancing family and work
- Grief/loss
- Substance abuse
- Domestic violence
- Interpersonal relationships at work
- Locating community resources
- Elder care issues
- Workplace conflicts

In addition to the counseling services, your EAP also provides:

- Legal Consultation (Tele-phonic or In Person consult with attorney
- Financial Consultation (Telephonic)
- You also have available access to a specialized website specifically designed for our EAP customers. The website is quite comprehensive. I encourage you to use the site as it contains, newsletters, webinars, personal assessments, resource locators, discounts from market place, and much more.
- Website: <https://fsmeap.mylifeexpert.com/>
- Company Code: fsmeapuser
- Password: employees

Appointments

When you wish to schedule an in-person appointment, our goal is to be able to offer an appointment within 72 business hours, and evening appointments are available to accommodate your work schedules. Many issues can be resolved in short-term counseling through your EAP benefit.

Telephonic/electronic assistance is also available. You can call or email to consult with our EAP Director. Additionally, the EAP Director can assist you in locating needed community resources.

Cost

Your EAP is a benefit that your employer provides for you and your family. All contacts with the EAP are **free** of charge.

Confidentiality

All contacts with your EAP, whether by telephone, email, or in person, are strictly confidential within the limits specified by law. Our EAP is a great benefit for you and your family members. We extend this benefit to all of your family members and significant others.

To access services or schedule an appointment, please call (608) 252-1320.

To speak directly with Greg, please call (608) 316-1171 or email him at gregc@fsmad.org.

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