



CITY OF DUNN

Employee Assistance Program - EAP

City of Dunn 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. There is no enrollment required and you are eligible to use the EAP through McLaughlin Young as of January 1, 2023.

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.

The EAP has a network of counselors that are conveniently located. They can help you improve or resolve personal difficulties whether big or small, personal or work-related.

Some examples of concerns that the EAP addresses include:

- Family and relationship issues
- Resiliency and coping skills
- 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, virtual or face-to-face visits with the EAP. The City of Dunn covers all expenses for this program.

To seek assistance through the EAP, simply call **704-529-1428** or **800-633-3353**.

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 or Human Resource Director. The EAP is not designed to evaluate fitness for duty or authorize leave of absences 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.



Take the time
to take care
of yourself.



Free, confidential help for personal,
work-related, and family concerns.

LEARN MORE



Call your Employee Assistance Program today to find out more.

704.529.1428 | 800.633.3353

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