



EMPLOYEE ASSISTANCE PROGRAM

We strive to help staff maintain and restore individual health and well-being through connection to services. All state employees have access to programs and services through the Employee Assistance Program (EAP).

Are you struggling with any of these...

- Stress
- Relationship Problems
- Parenting conflicts
- Work
- Gambling
- Alcohol/Drugs
- Depression
- Financial Pressures
- Sleep Difficulties



The EAP is available to help.

Who can use the EAP?

Employees and their families (immediate members of the household) can use the EAP on a self-referral basis. Employees may also be referred by their supervisors when personal problems affect job performance.



Please contact Crystal Reeves, RN, BSN for additional information. All services through the EAP are strictly confidential.

Your health and well-being is a priority.

For Assistance:

Call: 336-246-7175 ext. 224
Email: crystal.reeves@ashe.k12.nc.us