

From: Phil Bredesen [mailto:Phil.Bredesen@state.tn.us]
Sent: Wednesday, February 25, 2009 8:49 AM
Subject: EAP Awareness Month

Dear Employee:

As individuals and employees we are afforded opportunities that can enhance our ability to deal with life's challenges. I am pleased to inform you that the month of March is again being designated Employee Assistance Awareness Month to emphasize the value of services available through our Employee Assistance Program.

This important program provides professional, confidential services to full-time state employees and eligible dependents. Employees and their family members may seek counseling and referral services to help deal with stress, marital problems, family and child rearing issues, chemical dependency, emotional difficulties, workplace concerns, and financial and legal matters. Short-term counseling (up to six sessions) and referral services are provided by EAP counselors at no cost to the employee. If greater assistance is necessary, an employee will be referred to other professional treatment resources. Those services may be covered by your health insurance plan.

During March, the state EAP office will sponsor a number of activities designed to acquaint you with the Employee Assistance Program. EAP orientation sessions will be available for employees and supervisors. Seminars on the topic "Taking Charge of Your Life in 2009," with a focus on steps to take to achieve success at work and home, will be held at more than 46 sites to enable employees to participate.

Please take advantage of the opportunity to attend one of the presentations on the attached schedule or to participate in the EAP Essay Contest "Taking Charge of Your Life," which will allow you to give a personal account of how you successfully achieved your goals in your personal or work life. A number of agencies and departments also sponsor various activities to highlight the importance of the EAP services. I appreciate the extra effort of your co-workers to plan these activities and encourage you to participate.

You may access the Employee Assistance Program to schedule an off-site appointment by calling our EAP vendor, Magellan Health Services, at 1-800-308-4934. You may also utilize their interactive web site at www.magellanhealth.com for an appointment and assistance. For more information about the Employee Assistance Program and its awareness month activities, please call the state's EAP office at 615-741-1925 or 1-800-253-9981.

Thank you for your attention to this important state benefit. I appreciate your dedication and service to the people of Tennessee.

Warmest Regards,

Phil Bredesen