

University of Chicago Medical Center's Employee Assistance Program (EAP)

Counseling

Perspectives offers both over the phone and in-person short-term solution-focused counseling for University of Chicago Medical Center's employees and their families. Your EAP can help with any issues you might be struggling with, including:

Family

- Child Issues
- Communication
- Elder Issues
- Family Conflict
- Parenting
- Serious Illness

Substances

- Alcohol
- Illegal Drug Abuse
- Prescription Drugs

Marital/Relationship

- Domestic Violence
- Dual Career Issues
- Resolving Conflict
- Separation/Divorce

Work-related

- Career Issues
- Interpersonal
- Job "Burnout"

Legal

- Child Support
- Divorce

Emotional

- Anger Issues
- Anxiety
- Depression
- Eating Disorders
- Grief/Loss
- Life Transition
- Mood Swings
- Stress

Financial

- Budget Control
- Credit Problems

“A couple with marital conflict used the Employee Assistance Program. They sent a note to the counselor expressing appreciation for the simple and “practical” tips she gave to improve their communication and decrease the conflict during their discussions. “It has been really helpful to have these methods of discussing difficult issues in ways that are not blaming or that elicit defensiveness.””

To access counseling services,
contact **Perspectives** at **800.456.6327**

www.perspectivesltd.com

Username: UCH001

Password: perspectives

Log in using your organization's
unique username and password:

USERNAME:
PASSWORD: perspectives

FROM YOUR EAP:

Perspectives' Employee Assistance Program recognizes that the outbreak of COVID-19 can be scary and stressful, particularly those struggling with anxiety or substance abuse disorders. As social distancing becomes the norm and adjustments are necessary, please keep in mind that the EAP is available for you and your loved ones and has telehealth appointments with counselors available from your home through Zoom conferencing, by phone, and our instant message feature.

Accessing the EAP

To schedule a phone or videoconference appointment with an EAP Counselor:



call **800.456.6327** to reach our 24/7 Access Center



email info@perspectivesltd.com
(please include your Name, Address, Phone Number, birthdate & job position)



Log in to the Perspectives **Spark App** (submit a contact request to schedule an appointment)



Live Chat with a counselor (either click the "live chat" button in the bottom-right corner of your company features' page or use the "Tap for Chat" button in the Spark App)

Quarantine Updates

National:
1 800 232-4636

Apply for Unemployment Insurance, if effected:
1 800 244-5631

CDC Updates:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Substance Abuse

Online AA meetings:
<https://www.aa-intergroup.org/>

Online NA meetings:
<https://virtual-na.org>

SAMHSA's National Helpline
(Treatment/Referrals)
1 800 662-4357