Counseling

provided through your Horizon Health Employee Assistance Program For employees of KCTCS

The Horizon Health Employee Assistance Program (EAP) offers confidential counseling with qualified mental health professionals for employees, their dependents and family members. Employees may take advantage of many types of counseling, with credentialed Horizon counselors, on a wide variety of topics. Your EAP program provides you with up to 3 free counseling sessions per individual issue. *All EAP services are completely confidential*.

EAP Counseling can help you and your loved ones with the following issues:

- Managing stress
- Marital or relationship counseling
- Coping with a divorce or separation
- Learning positive communication skills
- Feelings of being overwhelmed
- Feelings of loneliness
- Depression and/or anxiety
- Improving self esteem
- Coping with serious illness
- Grieving the loss of a loved one
- Family issues and conflicts
- Parenting
- Counseling for troubled children and teens
- Career and job issues
- Conflicts at home or work
- Pressures of caring for someone else
- Balancing work and home
- Recognizing alcohol or drug abuse problems

There are many reasons that someone might see an EAP counselor; these are just a few examples.

The EAP is not just for people in "crisis situations", but it is here to help you with the everyday problems that we all face from time to time.

The Horizon Health EAP Counselors

All EAP counselors are qualified mental health professionals who have been extensively trained in problem assessment and treatment. The Horizon network of counselors includes licensed clinical social workers, marriage and family therapists, and clinical psychologists. To be included in the Horizon network, counselors must go through a credentialing process in which the counselors' licensure and years of practice are verified.

Counselors are required to have at least 5 years direct-practice experience and must be fully licensed in order to be considered for network inclusion. There are approximately 25,000 EAP Horizon EAP counselors nationwide.