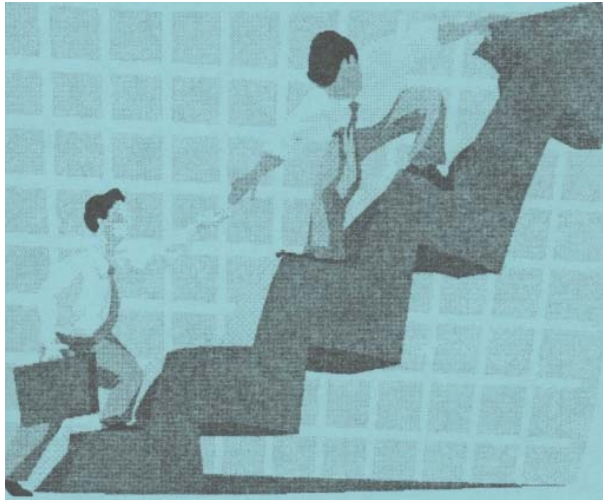




INSIGHT

Employee Assistance Program



(559) 226-7437
(800) 422-5322

Solving A Problem Often Begins With a Little Insight...

Insight is an Employee Assistance Program (EAP). Insight is a free, confidential counseling and referral service designed to help you and your household members resolve personal problems that may be interfering with your work or home life. Your employer has arranged with Insight to provide EAP services to you and your household members.

Problems Insight Can Help You Address:

- Emotional Distress
- Job Related Issues
- Marital/Family/Parenting
- Divorce/Separation
- Custody Issues
- Grief/Loss
- Relationships
- Life Transitions
- Drug/Alcohol Problems
- Crisis Situations
- Child - Adolescent Services
- Aging Family Members

What If I have Legal or Financial Concerns?

Through Insight, you are entitled to a free, confidential 30 minute legal consultation. You are also entitled to a free 30 minute consultation related to issues concerning family budget planning or managing your debt. You may also be referred to a community based financial agency such as Consumer Credit Counseling.

How Do I Access Insight's Services?

Simply call Insight during business hours to access your EAP benefits. In case of an emergency situation, Insight can be reached 24 hours a day. We will listen carefully to your concern or issue and help you assess the situation, then suggest ways to help. Our staff may recommend an appointment with a licensed EAP Counselor, refer you to a community resource or other program that can help you resolve your issue.

Who Is Eligible?

You and any member of your household are eligible for Insight's services. Dependents living away from home may also access Insight's services.

Are These Services Confidential?

Insight staff will not reveal any information about you to anyone, including your employer, without your consent, unless required by State and/or Federal laws.

Summary of Benefits

Employee Assistance Program

- 24 Hour, Toll-free access
- Three (3) free visits every six months
- Confidential services
- Available to all household and dependent family members
- Referrals to legal and financial services

Solving a problem often begins with a little

Insight!



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6235 N. Fresno Street, Suite 101
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