



# MUSC Employee Assistance Program

MUSC EAP is a free and confidential counseling service available to all employees and their dependents for help with personal, occupational, relationship, and mental health problems.

## SERVICES INCLUDE:

- **Assessment:** During your first visit, you will receive an initial assessment to help determine the nature of your issue and how we can best assist you. At the end of the session, we will develop a set of goals and a plan of action.
- **Individual Counseling:** Follow up sessions are provided to help you address your problems, better understand yourself, achieve your stated goals, and learn new coping skills.
- **Couples Counseling:** Certain problems are best addressed by seeing a couple together. We provide couples therapy to any employee and their significant other regardless of marital status.
- **Referral:** When problems require longer term or specialized treatment, our staff will work with you to find services that best fit your goals for treatment and your financial needs.
- **Consultation:** Supervisors, administrators, and co-workers are welcome to consult with our counselors if they have concerns about an employee.
- **On-Site Services Include:** Psychological first aid, workshops, trainings, and team building.

Contact us at: (843) 792-2848

Email: [eap-info@musc.edu](mailto:eap-info@musc.edu)

