

# Employee Assistance Program

## Orientation Quiz

At times your employer may wish for you to be orientated to your EAP services. Review the material located at <http://negeap.com/employeeorientation.html> and complete the following quiz to verify your understanding of the EAP services available to you.

- True  False    **Your employee assistance program (EAP) is a free and confidential counseling and referral service.**
- True  False    **You may seek help for personal problems from your EAP.**
- True  False    **You EAP provides assessment, short-term counseling and referral services.**
- True  False    **EAP services are not available to your immediate family or dependants.**
- True  False    **The EAP is just for workplace problems.**
- True  False    **EAP counselors are licensed in the state the practice and are experienced in dealing with life management issues.**
- True  False    **You may use your EAP to seek help for stress, grief, anxiety, depression or family problems?**
- True  False    **Your EAP offers in-person counseling sessions.**
- True  False    **You can find our more information about your EAP at [www.negeap.com](http://www.negeap.com).**
- True  False    **You may contact your EAP by phone at 706.549.6658 or 800.286.2207.**

