

# Did you know?

## EMPLOYEE ASSISTANCE

**Social workers are employed as Employee Assistance Program Coordinators. Social workers assist individuals and their families by:**

- Helping employees manage personal problems that may adversely impact their work performance, health, and well-being
- Providing assessment, short - term counselling and referral services for employees and their dependent family members
- Supporting employees dealing with issues such as anxiety, marital/family relationships, mental health challenges, substance abuse, workplace stress and conflict, and major life transitions
- Providing programs in conflict resolution, prevention and health promotion activities, and critical incidence response to individuals and workplaces
- Working with employees, managers, unions, departments and organizations, in the public and private sector, to enhance employee and organizational health, safety, and wellness

**\*Employee Assistance Programs (EAPs) are employee benefit programs offered by many employers, typically in conjunction with a health insurance plan.**

There are over 1500 social workers registered to practice social work in Newfoundland and Labrador. Further information about the social work profession can be found at [www.nlasw.ca](http://www.nlasw.ca) or by contacting:

Newfoundland & Labrador Association of

**Social Workers**

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