

Dear Gadsden City Schools Employee:

Gadsden City Schools understands the pressure everyday life can place on you and your family and wants to ensure you have access to the support and resources you need to help alleviate these pressures so that you can spend more time enjoying life. At no cost to you, Gadsden City Schools offers you and your qualified family members Employee Assistance Program (EAP) services through American Behavioral.

American Behavioral is a full-service behavioral healthcare organization that provides convenient, confidential and free assistance to all Gadsden City Schools associates and their eligible dependents by phone, in person or via the Internet. This benefit is available to you and your family 24 hours a day, 7 days a week, 365 days a year.

American Behavioral provides assistance and resources for on a wide array of issues which may include:

- Family life (elder and child care locator, adoption, building a family, parenting, aging, education)
- Financial (estate/retirement planning, investing, education, budgeting, tax planning)
- Health (diet/nutrition, allergies, health assessments, fitness/exercise)
- Legal (debt/bankruptcy, real estate, setting up your business, caring for children)
- Emotional problems (non clinical depression, mental health issues, divorce/separation, personal issues)
- Personal growth (leadership, effective communication, writing a presentation)
- Stress-related issues (diet, financial, fitness, stress on the job, family stress)

In addition, all Gadsden City Schools employees and their eligible dependents will receive the following through American Behavioral:

- 24/7 phone access on a toll-free number to consultants who are qualified to help in a variety of areas
- Translation services for non-English speaking individuals
- 24/7 access through the American Behavioral website to extensive resource materials and web-based training programs on a wide array of issues, whether they result from work or personal life
- In-person counseling sessions (up to 3 free visits per year)

To find out more information on how Gadsden City School's EAP may help you, visit www.americanbehavioral.com or call (800) 925-5327.

Remember, Gadsden City School's EAP services are free and confidential to you and your family. Conversations with counselors are treated confidentially, in accordance with state and federal laws. A simple phone call starts the process.

We hope you'll take advantage of these services and it makes life better for you and your family.

Sincerely,



Dr. Ed Miller, Superintendent