

What is Personal Assistance Network?

Personal Assistance Network is the name of your Employee Assistance Program (EAP). This program, a part of Wake Forest University Baptist Medical Center, is provided by your employer.

It is a FREE and CONFIDENTIAL service where trained counselors provide:

- Professional assessment, referral and follow-up services for personal/ emotional concerns
- Workplace problem identification and consultation
- An access to the Medcost behavioral health system and other health plans
- Creative seminar training
 - “Stress Management Skill Building”
 - “Conflict Resolution”

- Management training and education
 - “EAP: A Management Tool”
 - “Constructive Confrontation”

- Critical Incident Stress Debriefing (CISD) regarding Medical Center crises and traumas

This program is designed to allow employees to seek help on their own.

Contact the Employee Assistance Program at: <http://www.wfu.edu/hr/eap/webdesign.doc>

336-716-5493