

# How to Use Your EAP and Other Confidential Workplace Resources



WORKPLACE  
WELLBEING

The Employee Assistance Program (EAP) is one of the most underused benefits at most jobs. For problem gambling, it can also be one of the most useful.

## WHAT AN EAP CAN USUALLY DO

- Free, short-term counseling for you and often for immediate family.
- Referrals to local providers, including counselors who specialize in gambling.
- Financial counseling for debt, budgeting, and credit repair.
- Legal consultation, depending on the plan.

## HOW CONFIDENTIALITY ACTUALLY WORKS

- EAP counselors do not share session details with your employer.
- HR sees only aggregate utilization data, not who used what.
- Manager referrals route through EAP, not back through HR.

## WHEN EAP ISN'T ENOUGH OR ISN'T AVAILABLE



**888-BETS-OFF** in Missouri (24/7, free, confidential)



**1-800-MY-RESET** nationally



Missouri DBH contracted gambling counselors, free for residents



**Peer Support:** Gamblers Anonymous and Gam-Anon for family members

**Source:** Missouri DMH; National Council on Problem Gambling

## SAMPLE FIRST-CALL SCRIPT FOR YOUR EAP

### OPENING:

*"Hi, I'd like to set up a confidential appointment. I'd rather not say much over the phone, but it's about a personal issue that's starting to affect my finances and my work."*

### IF ASKED FOR DETAIL:

*"It's a gambling-related concern. I'd like to talk to a counselor who has experience with that, and I'd like to keep this off any record my employer can see."*

### CLOSING:

*"Can you also share any free, local treatment options if EAP sessions run out?"*

## YOU DO NOT HAVE TO BE IN CRISIS TO CALL

Reaching out early gives you more options, lower cost, and less disruption to the rest of your life. The first call is often the hardest, and it does not have to be a long one. If you, or someone you care about is in crisis, call, text or chat 988 Behavioral Crisis Line for free, 24/7 confidential support.