



YOUR MENTAL HEALTH MATTERS

The City of Fort Wayne understands the importance of mental health in your personal and professional life. As a thank you for your hard work and dedication, the City is enhancing your benefits package and increasing the number of counseling sessions available through the Parkview Employee Assistance Program. Effective June 1, 2023, you will have eight (8) sessions available per year.

Employee Assistance Program

Employee Assistance Program (EAP) counseling services are available to all City of Fort Wayne employees and those living in their household. All services are free for you to use and sessions are confidential and provided by a licensed Parkview counselor in a welcoming and comfortable setting. No information regarding participation in services is released to your employer without written consent from the patient.

Individuals and couples can meet with a counselor to discuss a variety of concerns, including (but not limited to):

- Crisis intervention
- Grief and loss
- Family and marital stress
- Relationship issues
- Alcohol and substance abuse
- Personal and work stress
- Divorce recovery
- Parent coaching
- Emotional difficulties
- Financial challenges

You are provided with eight (8) counseling sessions per person per calendar year for yourself and those living in your home.



Scan the QR code with your mobile phone camera for more information on Parkview EAP services and for a list of office locations.



Schedule an appointment with Parkview EAP: **260-266-8060** or **800-721-8809**

In-person and virtual appointment options are available.



If you or someone you know is currently experiencing thoughts of suicide, or a mental health or substance use crisis, please call **988** to reach the Suicide & Crisis Lifeline and speak with a trained crisis specialist 24/7.



PARKVIEW

EMPLOYEE ASSISTANCE PROGRAM