

Ascension WI Employee Assistance Program

LaCrosse Diocese Employees
Welcome Kit



Ascension



Welcome to Ascension WI's EAP

We are very excited to begin serving the La Crosse Diocese employees, spouses and immediate household members. To take full advantage of what we have to offer.

This guide serves as a way to get to know your new benefit. The Employee Assistance Program (EAP) is a short term counseling and resource referral benefit. These services are free to you, and always confidential. If you have any questions about our services, or if you're ready to schedule an appointment connect with us. It's easy!

Contact us

Call: 1-800-540-3758

E-mail: eap@ascension.org

or request an appointment on our website www.ascensioneap.org



How to use this Welcome Kit

This is a way for us to share with you a variety of information about EAP. Here are some ways that you could share this information with your employees:

- Forward the whole kit in an email to employees
- Forward one slide a week to highlight that EAP resource
- Go over the slides in a team meeting
- Put the kit on your intranet
- Call and discuss with the EAP what might work best for your team



Ascension WI EAP Orientation

It's possible you'll be seeing one of our counselors at an EAP orientation session discussing what we have to offer. You can also access a recorded EAP orientation by clicking on the link below and scrolling to the bottom of that page.

[EAP Orientation](#)



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Frontline Newsletter

Each month you will receive the Ascension EAP Frontline newsletter. Usually this comes in your email. These can also be found on the [Ascension Website](#).

The Frontline Orientation Newsletter, is a great place to start to learn more about your EAP!

Frontline Orientation Newsletter



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Ascension EAP Now!



Urgent mental health conditions that are not considered emergencies, may still require immediate attention.

Our Ascension EAP licensed counselors are available from 8a.m.-5 p.m. daily, who can provide immediate virtual support.

Need assistance after hours? No problem! Ascension EAP provides an after-hours crisis service with access to counselors who can be paged at any time of the day or night.

[Contact us!](#)

Call 1-800-540-3758

Examples of why someone might call

- High Anxiety
- Panic Attacks
- Grief Support
- Missed work due to depression or anxiety
- Intense Work Conflict
- An unplanned event or crisis
- Substance abuse issues

If you or someone you know is in imminent danger, please call 911 or go to your local emergency room.

Dial 988 for the National Suicide Hotline



Lunch and Learns

Every other month you will receive an email inviting you to attend a free lunch and Learn. These are virtual, and on various topics of mental health and family wellness.

Upcoming Lunch and Learns begin at noon

You can find this information on our website under [Lunch and Learns](#) or you can find recordings of the Lunch and Learns on our [YouTube Channel](#), that you can view at your convenience.



R&R Sessions

On the first Wednesday of every month at noon, our counselor Shelly hosts 30 minutes of relaxation. She shares various techniques in how to re-energize and re-center.

You can find more information about these R&R sessions, and the link to join on our website under [Lunch and Learns](#)



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EAP Website

Our [landing page](#) offers everything you need for quick and easy access to appointments and resources.

By clicking on the plus signs next to various topics, you can navigate to the topic that interests you. For example, you can [meet our staff](#)

Or you can go to the [Help Yourself](#) link that will take you to a number of workbooks and articles created by the Ascension EAP Team

On the Help Yourself page you'll also find our [YouTube Channel](#), that has recordings of all the Lunch and Learns and R&R sessions as well as other helpful recordings you can view at your convenience.



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Employee Assistance Program (EAP) Services



Don't struggle alone

Whether you've been struggling for a long time, or just want a wellness tune-up, there is no problem too big or too small for EAP.

- Family and marital counseling
- Grief support
- Mental health crisis
- Substance abuse issues
- Depression, stress or anxiety
- Workplace conflicts
- An unplanned event or crisis
- **Services are free and confidential**

1-800-540-3758

eap@ascension.org

www.ascensioneap.org

Want to Know More?

Ascension's [EAP FAQ sheet](#) has some helpful information for yourself, and family members.

You can always call or email us at the EAP and we'll be happy to help answer any questions you may have.

Not sure where to start? No problem. Just contact us and we'll help navigate through what the next best steps might be.

[Contact us](#)

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CONTACT US

Ascension WI EAP is here to help!



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