

## FREQUENTLY ASKED QUESTIONS

**Q:** What if I complete all 3 sessions before the end of the 6-month period?

**A:** Contact your personal insurance provider, they may provide coverage for counseling during the overlap.

**Q:** What if my husband and I, or my children work for the same county? Do we each get 3 sessions?


**A:** If you seek counseling as an individual, yes. If you seek counseling as a family we would only cover 3 sessions.

**Q:** What if the provider I want to see is not on the list?


**A:** Contact our team. We are happy to reach out and see if the provider you are requesting is willing to be a provider for our EAP program.



## CONTACT OUR TEAM

 530-623-2322

 [www.trindel.org](http://www.trindel.org)

 51 Arbuckle Ct. / P.O. Box 2069  
Weaverville, CA 96093

 **TRINDEL**  
Risk Management for Rural Counties

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## EMPLOYEE ASSISTANCE PROGRAM (EAP)





## WHAT DOES TRINDEL DO FOR YOU?

Trindel will provide (3)three counseling sessions at no-cost to the employee, their dependents up to the age of 26 if they are in school, and their spouse every (6)six-months.



## CONFIDENTIAL COUNSELING FOR YOU AND YOUR FAMILY

Vetted individuals providing professional counseling to assist you on a variety of issues that may be affecting your day-to-day life.

At any given time we can experience, loss, tragedy, stress, and other unfortunate events. The Employee Assistance Program was developed to ensure that we have qualified, competent professionals on hand for your time of need. These individuals may assist you with confidential counseling at no cost to the county employee, their dependents and their spouse.

## HOW DO I START?

1. Choose an Employee Assistance Provider from our provider list located at [www.trindel.org](http://www.trindel.org).
2. Make an appointment with an EAP Provider of your choice from the list.
3. Provide proof that you are a county employee by showing a recent paystub and/or county ID.
4. Contact Trindel or your Risk Control Specialist if you have any questions.
5. The program is completely confidential. No county approval is needed to start the process.

Our goal is to maintain or improve employee efficiency through identification and referrals for counseling, treatment, or therapy in connection with personal difficulties affecting employee performance.

