

## **What to Expect on My First Visit?**

Seeing a counselor can feel scary at first. It takes courage to come in and share who you are with someone you have never met, but people who come to the EAP are usually glad they did.

Counseling is simply two people sitting in chairs in an ordinary office talking about one person's concerns. You can tell the counselor as much or as little as you want and share only as much as you feel comfortable sharing at the time.

If you would like to schedule an appointment with an EAP counselor or have any questions give us a call at 501-663-1797 or 1-800-777-1797.

We suggest you arrive for your appointment about 5 minutes earlier than the scheduled time. This allows you to complete required paperwork and save your time for the visit itself.

Appointments last from 45 to 50 minutes on average.

The EAP professional will discuss confidentiality. They will then ask you about your home or workplace concern and take a brief social history including current stressors, education, family history, etc.

Feel free to ask questions of the EAP professional.