

Mississippi Department of Mental Health

Employee Assistance Program

EAP Overview

The Employee Assistance Program (EAP) is a benefit provided by the Mississippi Department of Mental Health to assist employees and their families in resolving job-related, personal, and family matters. The EAP provides help with both personal and professional issues that may be affecting an individual's quality of life or job performance. Through the program, employees can receive confidential assessments, counseling, and support services, as well as referral and treatment for certain kinds of illnesses.

Services

Services available to both employees and their family members include: 24-hour crisis intervention, individual, marital, family, and group counseling, anxiety and stress management, comprehensive evaluations for children and adolescents, neuropsychological testing, and fatigue and chronic pain management.

Services are provided through The Counseling Center in Ridgeland. Outpatient counseling and group therapy sessions are held at the Ridgeland office, and illness that may require inpatient or more intensive treatment are referred to an appropriate practitioner or agency.

Participation

Employees and their family members may participate in the EAP by either self-referral or directed referral by EAP Coordinator Karen West. For a self-referral call 601-707-5023, and for a directed referral please call Karen West at 601-359-6071.

Confidentiality is an essential component of the Employee Assistance Program. DMH will not be notified about any employee's participation unless the employee gives written permission. DMH is billed for the services utilized, but participant's names are kept confidential. The EAP coordinator does not know who is receiving services unless an employee requests her help in contacting The Counseling Center.

The Counseling Center

Dr. Criss Lott is Director of The Counseling Center, and Ms. Sherri Kent is the Office Manager who assists employees in making appointments. Setting up an appointment may require employees to answer pertinent questions regarding the services they are requesting. Employees and their families receive ten (10) counseling sessions through the EAP at no cost. If their problems cannot be resolved, The Counseling Center staff will work with healthcare providers to help find the most effective services for employees and their family members.