

**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 (DMH) to assist employees and their families. It provides assistance with both personal and professional issues that may be affecting an individual's quality of life or job performance. The EAP is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees and their covered family members. EAP services provide assistance with a wide range of family, marital, substance abuse, and mental health issues.

**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, fatigue and chronic pain management, comprehensive evaluations for children and adolescents, and neuropsychological testing.

All services are provided by a licensed and credentialed counselor. The employee has the option for telephone consultations or face-to-face counseling. Employees and their families receive five (5) counseling sessions through the EAP. There is no co-pay, no deductible, and no insurance to file.

**PARTICIPATION**

Employees and their family members may participate in the EAP by either self-referral to one of the DMH providers or directed referral by the EAP Coordinator, Toni Johnson.

Confidentiality is an essential component of the Employee Assistance Program. Self-referral services allow the employee to receive confidential counseling at a location away from work. 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.

**DMH PROVIDERS**

Dr. Criss Lott, Ph.D.  
The Counseling Center  
665 Highway 51 #D  
Ridgeland, MS 39157  
(601) 707-5023

Elleanor Harris  
405 Fontaine Place, Ste. 101  
Ridgeland, MS 39157  
(601) 842-9472

MEA Cares  
308 Corporate Dr.  
Ridgeland, MS 39157  
(601) 898-7500