

Employee Assistance Program

Tri-State REACH, Inc. Tele-Support & Guidance Helpline offers professional counseling and referral services to help employees cope with stressful life problems.

**With Just One Telephone Call
Employees can Gain Assistance for Issues Pertaining to:**



- Alcohol/Drug Abuse
- Anxiety/Depression
- Bereavement
- Child Care/Elder Care
- Communication
- Divorce
- Parenting
- Drug Abuse
- Financial Counseling
- Legal Referrals
- Marital Conflict
- Stress Management
- and more!*

**Anonymous, Confidential Help Is Just a Phone Call Away
1-888-734-8217
Available 24 hours a day, 7 days a week**



Bellmore-Merrick Central High School District
Implements
Tri-State/National REACH's, Employee Assistance Program

To: All Employees of Bellmore-Merrick Central High School District

This letter introduces a new benefit that is being fully provided by Bellmore-Merrick Central High School District.

It is quite normal for people to encounter a wide range of personal problems at different stages in their careers. Employees sometimes must cope with problems such as marital or family stress, financial pressures, and substance abuse. These pressures can have a direct effect on an employee's well-being and productivity. It helps to get professional counseling and direction early – before a problem becomes unmanageable.

Bellmore-Merrick Central High School District has acquired the employee assistance program services of Tri-State/National REACH, Inc. This employee assistance program provides free, anonymous, confidential telephone counseling and referral services. All employees and members of their immediate families are eligible to use this confidential service.

If you or a member of your family contacts the employee assistance program, you can be assured of complete privacy. All voluntary communications will be kept in strictest confidence. If further aid or treatment is recommended beyond telephone counseling, the individual may have to assume these costs; however, many of the cost may be covered by your medical benefits package.

Tri-State/National REACH, Inc.'s employee assistance program is available 24 hrs a day, 7 days a week. Please, do not hesitate to call if you have questions about the program, or if your need assistance. Often, a discussion with an outside counselor will prevent a situation from becoming worse. **24 hrs. / 7 days / Toll-Free 1-888-734-8217.**

Please note that Tri-State/National REACH Employee Assistance Program distributes newsletters every month which contains information and tips to help you live healthier and happier. Please see the following page as a sample of our latest newsletter that you can also find on our district website.

Information and tips from your EAP to help you live healthier and happier

Is Compulsive Spending Creating Problems in Your Life?

According to a Stanford University study, 17 million Americans or 6% of the population are compulsive spenders or shoppers. Researchers from the University of Florida reported that the average compulsive spender is carrying \$23,000 in debt (not including a home mortgage). Compulsive spending can be thought of as a chronic tendency to purchase products far in excess of a person's needs and resources. Are you a compulsive spender? At what point does a fun shopping habit become a problem behavior that needs to be addressed?



Consequences of Compulsive Spending

- Stress from increased debt or trying to figure out how to pay for everything
- Marital or relationship difficulties due to hiding overspending or lying about it
- Legal, family and relationship difficulties caused by massive credit-card debt
- Guilt and shame associated with the problem of compulsive spending
- Increased anxiety and depression

What's Behind Compulsive Spending?

Compulsive spending is a symptom of a bigger problem. Compulsive spenders use shopping as a way to improve their mood or avoid troubling feelings like depression, sadness, anger, emptiness, boredom or low self-esteem.

Do You Have a Problem?

Review the questions below. If you answer "yes" to more than one of these questions, you may be a compulsive spender:

- Do you shop as a means of relieving stress or escaping everyday problems?
- When you are shopping, do you experience feelings of euphoria and excitement?
- Do you feel guilty or remorseful after shopping?
- Do you ever hide your purchases from relatives or loved ones?
- Do you buy things on credit that you would not normally buy if you had to spend cash?
- Is your shopping habit causing emotional stress, financial debt or ruined credit in your life?

What to Do

Admitting that your spending is out of control is the first step to overcoming a problem. For free and confidential help for you or one of your dependents, contact your Employee Assistance Program (EAP) for professional counseling, referrals or additional information. We're here to help you.