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People will have problems that sometimes spill over into their personal or professional lives. Usually, the individual solves them alone. Sometimes people are unable to solve these problems without help. It is our belief that most problems can be resolved if professional help is available.

*If you have a problem,  
call us now!*

This help is provided at no cost for St. Johns County School Board employees for their first three (3) EAP visits. If additional counseling is needed, employees will be encouraged to utilize their insurance coverage within its limitations.

FOR FURTHER  
INFORMATION,  
CONTACT  
DR. TOWNSEND &  
ASSOCIATES

ST. AUGUSTINE  
9 ST. JOHNS MEDICAL PARK DR.  
ST. AUGUSTINE, FL 32086  
(904) 797-2705

SJCSB O'CONNELL HEALTH CENTER  
3740 INTERNATIONAL GOLF PKWY  
ST. AUGUSTINE, FL 32092  
(904) 797-2705

PALATKA  
6910 OLD WOLF BAY ROAD  
PALATKA, FL 32177  
(386) 328-4955

Thank you for using  
Dr. Townsend &  
Associates, P.A.

*St. Johns County  
School Board*



EMPLOYEE  
ASSISTANCE  
PROGRAM

## EMPLOYEE ASSISTANCE PLAN SERVICES

Part of the wellness programs for employees of St. Johns County School Board is an Employee Assistance Program (EAP). An EAP can provide the help you need to get through tough times. It is a voluntary and confidential counseling service. Employees and family members may access the EAP to assist them in coping with the stress of everyday life. All services are designed to help maintain emotional well being, as well as a productive role in the workplace and at home. Services include, but are not limited to help with the following problems:

- \* Abuse
- \* Adolescents
- \* Aging Parents
- \* Alcohol and Drug Abuse
- \* Anxiety
- \* Child Rearing
- \* Depression
- \* Women's Issues
- \* Eating Disorder
- \* Children's Behavioral Disorders
- \* Grief
- \* Marital & Family Problems
- \* Men's Issues
- \* Pain Management
- \* School Problems
- \* Smoking Cessation
- \* Stress
- \* ADD/ADHD

## Who is your EAP Provider?

Dr. Townsend & Associates, P.A. is staffed by experts in various disciplines who are trained to diagnose and assist people in finding solutions to problems.

If you or a family member have a problem, call (904) 797-2705 to set an appointment.

Your appointment will be with an experienced and caring professional who will help you assess your needs and suggest answers to your problems.



*Private and  
Confidential*

The St. Johns County School Board Employee Assistance Program (EAP) is designed to ensure confidentiality at all times. If you are a self-referral, no one employed by the School Board will know of your contact with the EAP (to the extent permitted by law).

If you are referred by your supervisor, only limited information can be released, and that is only with your specific written permission.