

ALL EMPLOYEES AND FAMILY MEMBERS OF ST. JOHNS COUNTY SCHOOL DISTRICT ARE ELIGIBLE FOR THIS SERVICE

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 or a family member have a problem, call 904-797-2705 to schedule an appointment!



FOR MORE INFORMATION CONTACT DR. TOWNSEND & ASSOCIATES

St. Augustine Location
9 St. Johns Medical Park Drive
St. Augustine, FL 32086
904-797-2705

Palatka Location
6910 Old Wolf Bay Road
Palatka, FL 32177
386-328-4955

PUT YOUR HEALTH FIRST

EMPLOYEE ASSISTANCE PROGRAM

Mental health is not a destination, but a process. It's about how you drive, not where you are going.



PRIVATE AND CONFIDENTIAL

FIRST THREE EAP VISITS FREE!

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

The SJCS EAP is designed to ensure confidentiality at all times. If you are a self-referral, no one employed by the District will know of your contact with the EAP (to the extent of the law). If you are referred by your supervisor, only limited information can be released, and that is only with your specific written permission.

EMPLOYEE ASSISTANCE PLAN SERVICES

Part of the wellness programs for employees of St. Johns County School District 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
- ADD/ADHD
- Adolescents
- Aging Parents
- Alcohol & Drug Abuse
- Anxiety
- Child Rearing
- Children's Behavioral Disorders
- Depression
- Eating Disorder
- Grief
- Marital & Family Problems
- Men's Issues
- Pain Management
- School Problems
- Smoking Cessation
- Stress
- Women's Issues

WHO IS YOUR EAP PROVIDER?

Dr. Townsend & Associates, PA, 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 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.

HERE FOR YOU