



## Improve morale and your bottom line with our Employee Assistance Program

## An EAP is critical to business success

Running a small business can be challenging, and it takes a collective team to achieve success. When employees are stressed, however, they do not perform at optimal levels. Thus, the mental health of your team is a critical component to business success.

Statistics show that mentally healthy workers are more productive, less likely to miss work, less distracted, and more engaged with the company's mission.

Our mission: we believe that mental health care should be *preventive*, not reactive. Neely Counseling Center EAP delivers comprehensive services that improve employee productivity and their overall wellness.

We specialize in small business EAPs. Whether you have 5 employees or 500, we believe you deserve to have the same level of care as a big business.

## What you get with our unique EAP

- "Couch Time Check-Ins." Annual counseling sessions to prevent small issues from becoming significant.
- Crisis mental health training to address trauma and help cope with disasters such as COVID-19.
- Wellness training that helps employees improve their exercise, nutrition, and sleep.
- Work and life services such as telephonic legal and finance consultations.

Ready for peace of mind? Contact us for a needs assessment and custom quote.

Contact: Horatio Neely, VP Operations/Business Development
Neely Counseling Center, PLLC

Office: (210) 523-4200 | Cell: (210) 414-8949 } horatio@neelycounseling.com