

EAP CONNECTION

A mental health friendly workplace is a safe workplace



February, 2012
Volume 2

FEELING STRESSED? READ ON.....

Stress is a universal phenomenon, and everyone feels it from time to time. However, if stressful thoughts are sapping your energy, affecting your sleep or keep your mind (and heart) racing, it's time that you do something about it.

Stress can give you high blood pressure, headaches, gastrointestinal upset, and make you difficult to live with or work with. The way that YOU handle stress may be causing stress in others!

Stress can come from any of the following causes:

- Time pressure and deadlines
- Organizational changes and new reporting relationships
- Work/life imbalance
- Personal problems (financial, family, etc.)
- Shift work
- Conflicts with co-workers and/or supervisor
- Lack of good fit between person & job
- Job burnout
- Poor sleep and/or poor diet
- Coping responses that have stopped working

There is no one-size-fits-all recipe for stress management. What works for one person may not be effective for another. It is important to get an individualized assessment in order to get back to feeling like yourself again. EAP can help you with this and design a plan that is tailored to your specific needs and stress situation.

Now that 2012 is in full swing, it's time to take care of you. Email nlosinno@bnl.gov for an appointment, or stop by Room 5-1 in Bldg 490. It's as easy as that.

At BNL, the Employee Assistance Program has multiple ways to access services:

- Call X4567 to arrange an appointment onsite with EAP Manager Nancy Losinno;
- Visit BNL's website: www.bnl.gov/eap/
- Go through our external vendor, Magellan Health Services, to access **FIVE free counseling** services with a Magellan-network provider. This free benefit is for regular BNL employees and their family members;
- Access a free 60 minute **legal and/or financial consultation**, available through Magellan or browse their library of topics or tools such as wills, etc.
- Take a **confidential self-screening** for drug or alcohol abuse, eating disorder, depression, etc. at the Magellan website.
- Access **databases for nursing or assisted living, home care** or ancillary services for the elderly by entering zip code.

EAP IS A FREE BENEFIT OFFERED TO ALL BNL EMPLOYEES AND THEIR HOUSEHOLD FAMILY MEMBERS. CALL X4567 FOR AN APPOINTMENT. 24/7 COVERAGE IS PROVIDED BY MAGELLAN HEALTH SERVICES AT 1-800-327-2182 OR GO TO WWW.MAGELLANASSIST.COM

DO YOU HAVE A USED CPAP MACHINE THAT'S OBSOLETE?

I am collecting used and obsolete CPAP machines for needy people. If you have one, please drop it off at EAP in Bldg 490, room 501. It will be sanitized and refurbished and donated.

Email: nlosinno@bnl.gov

NEW LUNCHTIME TALK!!!

**"RESOLVING SLEEP PROBLEMS
IN YOUR BABY OR CHILD"**

Topics to be covered:

Sleep requirements at different ages

Sleep associations and sleep rituals

Understanding your child's innate rhythm

Co-sleeping in the parental bed

How to promote healthy sleep behavior in your child and why this is important to development

Date: Wed., Feb. 8, 2012

Time: 12 Noon

Place: Berkner B

Speaker: Nancy Losinno, EAP Manager

Seating is limited, so registration is required.

To register: email nlosinno@bnl.gov

**EAP STILL DOES ITS POPULAR
SLEEP SCREENING PROGRAM....**

Snoring? Feeling tired in the morning?
Drowsy driving? Call X4567 for appt.

DID YOU KNOW.....?

That the EAP is also available for your **college-bound son or daughter who might be suffering from homesickness, isolation, depression, or substance abuse problems?** With the availability of the large national network of Magellan providers, your child can receive **FIVE FREE COUNSELING sessions with a network provider at a private office near their college or university.** Access this great benefit by calling Magellan at 1-800-327-2182 or have the college zip code handy and go to the Magellan website at: www.magellanassist.com. You will need to enter our BNL dedicated 800 number (above) in order to sign in to get a provider.

GOT DRUGS???
**GET THEM OUT OF THE
MEDICINE CABINET
OR LOCK THEM UP !!!**

Many adults have an over-abundance of prescription medications in their homes which are potentially hazardous to children, pets, teens and seniors.

AVOID TEEN "PHARM PARTIES!"

Under "**Operation Medicine Cabinet**" all Suffolk County police precincts will accept prescription meds 24/7 to their drop-boxes, **NO QUESTIONS ASKED.**

See the link on the BNL EAP webpage for more info about this program:

<http://www.bnl.gov/eap/>

EAP and CONFIDENTIALITY

EAP's free services are conducted by a licensed mental health professional who is bound by the state and Federal confidentiality laws. All conversations are kept private, unless specific written permission is given to disclose its contents. There are two exclusions to the laws of confidentiality: 1) if you intend to hurt yourself or another person, EAP as with other mental health providers, has a duty to warn and take appropriate measures to assure your safety or the other person's safety; 2) the second exclusion concerns abuse or neglect of children or elders and EAP has a duty to report such abuse to proper authorities.

EAP Contact Information:

BNL EAP Manager: Nancy Losinno
Phone: 344-4567, Mon-Fri 8:30-5:00
Website: www.bnl.gov/eap/

Magellan: www.magellanassist.com
Or call: 1-800-327-2182 24/7

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