



City of Hickory
Employee Assistance Program

The City of Hickory partners with The Counseling Group, Inc. to provide our employees with confidential counseling services for all types of problems that can interfere with leading a healthy and productive life. Some examples are: Marital problems, alcohol and drug problems, depression, problems with children, sleep disturbances and general stress-related issues.

EAP services are free and confidential.

Your first five (5) visits are free and most insurance plans cover part of the cost for additional services.

EAP services are also voluntary.

EAP services are designed to allow employees or their family members to seek help on their own. You can discuss personal problems or the problems experienced by a family member. The employer (City of Hickory) is not involved in the counseling process.

We often feel our problems are private but they can affect our work and private lives a great deal. This service is an opportunity to discuss problems with a professional counselor who is trained in helping you resolve the issues in a productive manner. The assistance you receive will be completely confidential as required by law.

Contact information to make an appointment:

The Counseling Group. 828.322.9130.

www.thecounselinggroup.com

106 Third Avenue NE
Hickory NC 28601

Have You Bitten Off More Than You Can Chew?



**Your Employee Assistance Program Can
Help!**

Depression, Anxiety, Stress, Relationships! Our
Counselors can guide you to a **SOLUTION!**

It's Free and Confidential.

Evening Hours Available

The Counseling Group, Inc.

Hickory Lenoir Morganton

828-322-9130

www.thecounselinggroup.com

