

HPN EAP Newsletter for Employees



Some of the More Serious Reasons People Use the EAP

HPN can help with a broad range of problems. Some are very serious and others are things that most people can expect to experience. You can call us for help with every-day problems, but here are some symptoms, which could indicate that there is a serious need for personal support & assistance. (While supervisors may have personal concerns and care deeply, it is important for managers to stay within the agreement to review issues only as they affect an employee's job performance).

- Crippling or excessive anxieties (phobias or fears)
- Marked personality change
- Prolonged depression and apathy (a sense of helplessness, loss of pleasure in life, confusion or constant frustration)
- Wide mood swings (extreme highs and lows)
- Excessive anger or hostility; destructive, abusive or violent behavior
- Abuse of alcohol or other drugs
- Marked changes in eating or sleeping patterns
- Thinking or talking about suicide
- A feeling that you've lost control of your life

- Compulsive behaviors (e.g., spending, overeating, gambling)
- Inability to cope with problems or daily activities such as school, job or personal needs
- Sexual problems
- Problems on the job
- Overall decline in job performance
- Difficulty interacting with other people (spouse, parents, children, co-workers, and friends)
- Denial of obvious problems; strong resistance to receiving help
- Suspiciousness or paranoia
- Extreme jealousy
- Difficulty with authority
- Social withdrawal and isolation
- Problems with the loss of a loved one
- Problems with the law

Call Health Promotion Northwest at 360-788-6565 for more information and services.

