



A CHANCE to Change

Your Employee Assistance Program

moving life forward ►

Life Stress

Juggling the responsibilities of work, home, outside commitments, aging parents, and other issues can feel overwhelming. Your employer understands that these life stressors can take a toll on your work and family life and getting the support you need is important.

Services

An A Chance to Change professional can help with many of life's challenges, including:

- Family issues
- Marital/relationship difficulties/divorce
- Anxiety
- Depression
- Coping with major life events, such as job loss, relocation and serious illness
- Death and/or grieving the loss of a loved one
- Coping with violence or domestic abuse
- Improving self-esteem

- Managing the stress of everyday life
- Alcohol and drug abuse or addiction
- Problem gambling
- Work/life balance
- Parenting and/or behavioral issues of children and adolescents
- Educational issues of children and adolescents
- Aging
- Work Difficulties

What's Available to You

The A Chance to Change Employee Assistance Program provides confidential, professional assessment, referral and counseling services to you and the members of your household. This program is a free benefit to you paid for by your employer.

The employee or a member of his or her household is eligible for **6** counseling sessions or **12** group sessions every calendar year. Together with your counselor, you will discuss the issues and create a plan of action; most challenges can be handled with short-term counseling.

To schedule an appointment, contact A Chance to Change at (405) 840-9000. Appointment hours are 8:00am – 8:00pm, Monday-Thursday and 8:00am – 5:00pm on Fridays. Evening and early morning appointments are available upon request.

EAP services are private and confidential.





LOBBY

When you walk through the front door, you are greeted with friendly faces, a warm environment, gourmet coffee, snacks and water.



Group Rooms

ACTC has three large group rooms designed to meet the needs of many different groups. Group therapy is highly effective in conjunction with individual sessions.



Therapist Offices

Your appointment will be held in a comfortable office. Our counselors work closely with you on a treatment plan that best fits your needs and goals.



Child Therapy

Specialized services for children are available in ACTC's state-of-the-art child therapy room. Trained counselors can work with children ages two and up on a wide range of behavioral health issues.

A Chance to Change offers in-person counseling services and Telehealth online counseling when getting into the agency is not an option. Ask our front office team or your counselor about Telehealth.