

**When life comes at you all at once, it's good to know that you are not alone.**

Healthy people do not always lead trouble-free lives. But healthy people do know when something is wrong and they take action to find a solution. They also know that seeking professional assistance is a sign of maturity, not weakness.

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**

**HARMONY HEALTHCARE**  
*Providing Hope Through Superior Care*



Learn about your EAP and its options.  
(702) 251-8000 or (800) 363-4874

**HARMONY HEALTHCARE**  
[www.harmonyhc.com](http://www.harmonyhc.com)

Available to eligible employees  
and their household members.

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**



**MGM MIRAGE**

## We are all subject to routine and extraordinary stresses in our daily lives...

### What is an EAP?

The Employee Assistance Program (EAP) is a confidential service that provides assessment, short-term counseling, referral and follow-up services to help employees and their families solve personal problems.

The program makes it easy and affordable to get professional help.

**Utilization of the EAP is strictly confidential**

## If the problem is significant enough to bother you, then it's worth an appointment.

Meet with a licensed professional for up to 3 **FREE** private, confidential counseling sessions for:

- stress and anxiety
- marital and family conflicts
- substance abuse/addictions
- depression
- work pressures
- grief and loss
- and more

Cost of additional treatment may be covered by your health plan.

### 24-Hour Crisis Stabilization

- A rapid response team (RRT) is available 24 hours, 7 days a week
- The RRT meets face-to-face with each and every member in extreme crisis for a clinical assessment
- Hospitalized members are seen daily by a Harmony Healthcare psychiatrist to enhance effective, ongoing outpatient care

## No problem is too small.

Online tools and resources are available.

Information, self-assessments and interactive tools include:

- balanced living
- emotional well-being
- financial management
- health and wellness
- legal issues
- personal growth and development

### Log on today.

1. [www.harmonyhc.com](http://www.harmonyhc.com)
2. Click on "EAP Accounts" and select MGM MIRAGE
3. Type in "MGMMIRAGE" as the password

