

## Cariten Assist- Employee Assistance Program

Cariten Assist is an employee assistance program designed to provide members with assistance concerning such issues as family problems, marital discord, stress, depression, financial issues and substance abuse.

The services of Cariten Assist are three-fold: problem assessment, short-term counseling and organizational management. Benefits include counseling services for employees and their families; custom programs for employees based on a needs assessment; and access to a professional staff of licensed clinicians, 24 hours a day, seven days a week.

Members may call Cariten Assist directly at **865-531-4500** or **800-232-8335** to make an appointment or consult with a counselor over the telephone. Often a phone call is all it takes to evaluate the situation and develop a plan of action.

Sometimes, a few meetings with a counselor will resolve many of your concerns. However, if you and your counselor decide to assess additional resources, your counselor can help you select an in-network provider.

