

# GDC EAP Quarterly Update

"Helping You Help Yourself"



## Managing Stress During Economic Recession



To survive an economic recession it just takes a bit of planning, discipline, and foresight. The fact of the matter is that an economic recession is not a new phenomenon. Recessions are cyclical. They follow the laws of gravity-what goes up must come down. Periods of economic prosperity are invariably followed by periods of recession. Ask your parents or grandparents, and they'll tell you all about the last recession. In fact, the last time a recession had such far reaching consequences was during the great depression of 1929. However, there is always light at the end of the tunnel.

(to finish reading article log onto <http://www.home-remedies-for-you.com/managing-stress-during-economic-recession.html>)



### Great benefit for GDC employees!

### *Three free counseling sessions with EAP Consultants, Inc.*

Many times employees can have their needs met by talking in-house with the GDC EAP coordinators but sometimes due to the particular situation, the employee may feel the need to seek professional guidance. Therefore, GDC has contracted with **EAP Consultants, Inc.** to provide some assistance in this area.

GDC employees, as well as their immediate family members, have access to three **free and confidential** counseling sessions with a licensed clinician through EAP Consultants, Inc. No referral is needed. Employees and their immediate family members may call EAP Consultants, Inc. directly at 1-800-869-0276.

Talking out your situation with a counseling professional can be very helpful. **However**, since the number of sessions is limited, employees are encouraged to first seek assistance within GDC via the local EAP coordinator, nearby EAP coordinator, or statewide EAP coordinator.

## Georgia Residents Aged 62 or Older May be Eligible to Go to College for Free

If you are Georgia resident aged 62 or older, you may be eligible to enroll in any of the 35 colleges and universities in the University System of Georgia tuition free. Enrollment is limited by available space. Board of Regents Policy §4.2.1.5. For more information, contact the Office of Admissions at the college or university of your choice. Remember, to enroll in the Education Incentive Program if you go back to college for a first time degree or an advanced degree regardless of your age.

## Smoking Cessation of Interest to You?

Finally decided that you or someone you know needs some help trying to quit smoking? Well, we've got some ideas for you. EAP Consultants, Inc., GDC's contract provider of EAP counseling services, also provides some on-line resources to help with a number of different topics, one of which is smoking cessation. All you have to do to access this great reserve of resources, just log on to [www.eapconsultants.com](http://www.eapconsultants.com), then choose "member access", and type in gdceap as your password. Examples of information to be gained on their website are: Smoking Cessation Information; Benefits of Quitting Smoking; The Benefits of Quitting Smoking Timeline; The Long-term Benefits of Quitting Smoking; Commonly Accepted Smoking Cessation Treatment Methods; Frequently Asked Questions; and Smoking Cessation Resources and Websites. Use this service to learn about the benefits of quitting smoking now, the best ways to quit, and how to obtain no-cost assistance to help you quit.

## Employee Assistance Program (EAP) Frequently Asked Question

**I would like to talk with my local EAP coordinator or an EAP Consultants, Inc. provider, but I'm concerned about confidentiality. Can I trust them?**

EAP is confidential; however under certain circumstances the coordinator must reveal certain information to appropriate authorities. Certain circumstances include information about child, elder or disabled adult abuse; if the employee presents a threat of imminent danger and serious bodily harm to him/herself or others; violation or attempted violation of any law, regulation, policy or procedure; if employee has been subjected to unlawful harassment or retaliation; or if disclosure is required by legitimate subpoena, court order or otherwise by law.

## Organizations Which May Be Able to Help

**Cleaning for a Reason** - [www.cleaningforareason.org](http://www.cleaningforareason.org)

Fighting cancer is difficult enough, but living with it is even tougher - and that's where the Cleaning for A Reason Foundation steps in. This newly formed nonprofit offers free professional housecleaning, and maid services to improve the lives of women undergoing treatment for cancer - any type of cancer. For more information, visit their website.

**Modest Needs Organization** - [www.modestneeds.org](http://www.modestneeds.org) Non-profit, founded in 2002, offers assistance through three types of grants: self-sufficiency, back to work, and independent living. The grants come with no strings attached and don't ever have to be repaid. To apply, visit their website. If you should have any questions, you can contact them via their website or by calling 212-463-7042.

## Potential Money Saving Ideas

### Lowe's Expands Support of the Military with Year-Round Discounts

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MOORESVILLE, N.C., Feb 10, 2010 (BUSINESS WIRE) -- Lowe's Companies, Inc. announced today it will expand its support of the military by offering an all day, every day 10 percent discount to all military personnel who are active, reserve, retired or disabled veterans and their family members, with a valid, government-issued military ID card. All other military veterans will receive the discount on the Memorial Day, Fourth of July and Veterans Day weekends. The discount is available on in-stock and Special Order purchases up to \$5,000. Excluded from the discount are sales via Lowes.com, previous sales, and purchases of services or gift cards.

### Saving Cents with Sense: Money Saving Tips from A to Z

**Avoid Impulse Buying.** Have a list when you shop at the grocery store & stick with it to cut down on excess spending.

**Budget.** Create a budget, record what you spend each month, and see where you cut your expenses.

**Coupons.** They really can save you! Find out more at Couponing 101 at [www.couponing101.com](http://www.couponing101.com)

(to finish reading article log on to <http://www.savingcentswithsense.net/2010/01/money-saving-tips-from-a-to-z/>)

**GDC EAP Update** is a publication of GDC's Employee Support Section. You may also access other Employee Assistance Program Resources 24 hours a day, 7 days a week by either accessing Captiva or the GDC Public Website. To access on Captiva: Executive Operations>Human Resources>Personnel>Employee Menu>Employee Support; To access via GDC Public Website: For Corrections Staff>Employee Support Services