

Getting the Help You Need

Reaching out for help can be a daunting task at times, which is why the staff at LLEAP is committed to providing you with a comfortable and accepting environment in which to share your concerns. You can expect to be treated with dignity and respect by LLEAP's skilled and sensitive staff which has demonstrated expertise in the following areas of treatment:

- ❖ Depression
- ❖ Anxiety
- ❖ Stress
- ❖ Burn-out
- ❖ Marital Problems
- ❖ Family Conflict
- ❖ Child & Adolescent Difficulties
- ❖ Post-Traumatic Stress
- ❖ Psychiatric Disorders
- ❖ Substance Abuse
- ❖ Alcohol Abuse
- ❖ Eating Disorders
- ❖ Gambling Addiction
- ❖ Legal Concerns
- ❖ Medical Problems
- ❖ Financial Difficulties
- ❖ Grief
- ❖ Life Transitions
- ❖ Work-Related Problems



Loma Linda EAP

EMPLOYEE ASSISTANCE PROGRAM

11360 Mountain View Avenue

Hartford Building, Suite A

Loma Linda, CA 92354

Phone: (909) 558-6050, x66050

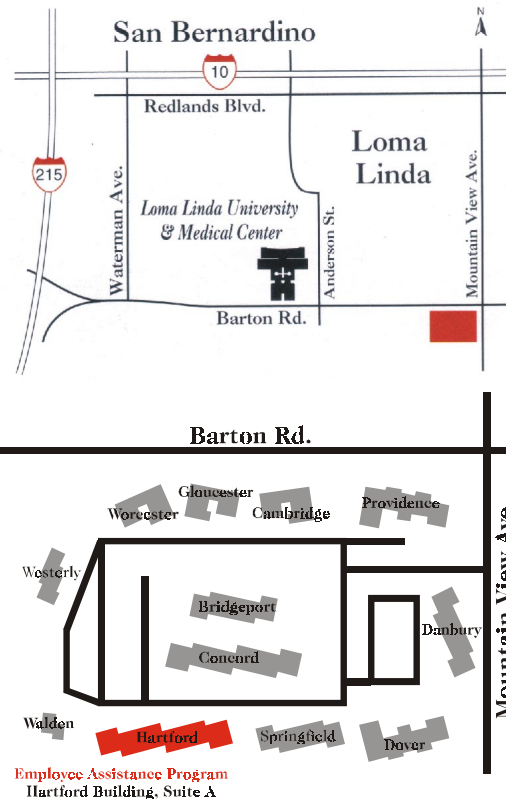
FAX: (909) 558-6051

Hours: M-W 8am - 5pm

Th 8am - 8pm

Fri 8am - 1pm

Additional appointments upon request.



Employee Assistance Program
Hartford Building, Suite A

Loma Linda EAP

EMPLOYEE ASSISTANCE PROGRAM

...your pathway
toward wholeness

Your Partner in Wellness

The Loma Linda Employee Assistance Program (LLEAP) is dedicated to providing eligible employees and their family members with professional and caring assessment and treatment for a variety of personal, family, and work-related issues.

Upon contacting LLEAP, you will be scheduled to meet with one of our licensed or Master's level clinicians, who will evaluate your particular situation and develop a plan for treatment consistent with your needs. LLEAP clinicians will provide you with short term counseling, or, if more extensive treatment is required, the clinician will refer you to a therapist in your community who specializes in your area of concern. Your clinician will thoroughly research your insurance coverage and provide you with referrals for treatment which are within your means.

LLEAP is the only nationally accredited EAP in California. Since our inception in 1990, LLEAP has provided state of the art services to employees and their families. Our goal at LLEAP is to support and empower our clients as they journey along the pathway toward wholeness.

Your Confidentiality

LLEAP values your right to privacy. The information you share with your clinician is confidential, with the exception of matters which fall under mandatory reporting laws. Your clinician will answer any questions you might have about your confidentiality. Often times, employees are referred to LLEAP to address work-related problems. LLEAP will not release information to your employer without your prior written consent.



- ❖ Have you ever felt overwhelmed by your work and family responsibilities?
- ❖ Are you struggling with interpersonal relationships at work and at home?
- ❖ Do you wish that you had more effective communication with your spouse?
- ❖ Would you like to improve your working relationship with your supervisor?
- ❖ Are you finding yourself having more “bad days” than “good days”?
- ❖ Do you experience anxiety or have trouble sleeping?
- ❖ Are you needing extra support during difficult times at work?
- ❖ Have you recently experienced the loss of a loved one?

The Loma Linda Employee Assistance program is here to help you. If you are struggling with any of these concerns, or have another problem which is impacting your ability to live life to its fullest, please contact LLEAP. Wellness may only be a phone call away.

Frequently Asked Questions

How much does it cost?

All LLEAP services are free of charge to benefit eligible employees, their spouses and children.

How long will it take for me to get an appointment?

Most appointments are scheduled within three business days, with same day service in crisis situations.

What about my privacy?

All appointments are staggered in order to ensure that employees will not encounter co-workers in the office or waiting area. The office is equipped with three exit points, further guaranteeing your confidentiality.

Where is the office?

The LLEAP is located on Mountain View Avenue in Loma Linda in the Loma Linda Health Center.

