OUR SERVICES
Caring, experienced professional counselors have helped thousands of people effectively deal with personal problems and concerns such as:

- Anger, Anxiety or Grief
- Communication Problems
- Drinking or Drug Use
- Domestic Violence
- Eating Disorders
- Health Problems
- Marital, Relationship or Family Concerns
- Mood Swings or Depression
- Parenting
- Stress (at work or home, or financial)
- Suicidal Thoughts
- Work Issues or Performance Problems
- and more!

If something has been bothering you, call your EAP!

Human Development Company
589-HELP (4357) or 1-800-877-8332
24 hours a day, 7 days a week
Local counseling offices in the Louisville vicinity and throughout the United States. Email us at info@humandev.com
www.humandev.com

Struggling with a personal problem?
You’re not alone.
Your EAP can help.

Human Development Company
233 West Broadway, Suite 215
Louisville, Kentucky 40202

UNIVERSITY OF LOUISVILLE
• LETTING SOMEONE HELP

From time to time, life presents us with challenges that could become problems on the job or at home. Some of the time we can work through them.

But sometimes, and for certain problems, solutions aren’t easy to find. So we try to ignore them or we worry. We worry while driving, while trying to work, while helping the kids with homework and/or while trying to sleep at night. We may even experience physical symptoms.

Problems rarely go away by themselves. When personal problems begin to detract from our quality of life, when they begin to have an adverse impact on our mental, emotional or physical well-being, it is time to talk with someone with professional knowledge and training. Most importantly, it is time to talk with someone experienced, with a genuine willingness and ability to help us to identify and resolve our problems.

• HOW IT WORKS

You have a confidential Employee Assistance Program (EAP), provided by the University of Louisville. The EAP provides assessment and referral services, and short-term counseling, to help you work through life’s challenges. You and any other adults or children living in the family household can use this program.

Your EAP services are provided by The Human Development Company (HDC), founded in 1978. HDC is dedicated to helping people with emotional, family, substance abuse and other personal problems. Our counselors are all Masters level or certified professionals with many years of clinical experience.

When you call the EAP, our staff will help you set an appointment with one of our professional EAP counselors. You and the counselor will decide together the best approach to take to resolve your particular problem. Many problems are resolved or improved through short-term counseling, without any further need for services.

In some instances, you and the EAP counselor may decide that other kinds of expertise would be helpful. Your EAP counselor can make recommendations, and help refer you to the most appropriate resources.

• YOUR EAP INCLUDES THE FOLLOWING

Your EAP Benefits include up to eight (8) sessions for any problem or concern as well as referrals to appropriate organizations.

• YOUR EAP IS CONFIDENTIAL

The EAP does not share any information about your involvement or use of our services without your prior knowledge and written permission, except as may be required by law.

• YOUR EAP COSTS YOU NOTHING

The University of Louisville is concerned about your well-being and so provides this program at no cost to you.

However, you may be responsible for any costs outside the EAP sessions, such as services provided by referred providers. Your EAP counselor will talk about these costs with you before outside services are used. Your health insurance plan may cover some or all of these expenses.

• YOU JUST NEED TO CALL

To schedule an appointment, call our phone number listed below during regular business hours. Monday thru Friday, 9 a.m. to 5 p.m.

If the matter is more urgent, call anytime, twenty-four (24) hours a day, weekends and holidays. A caring, professional counselor will return your call.

The Human Development Company has local counseling offices in the Louisville area and a collaborative network throughout the United States.

589-HELP (4357) or 1-800-877-8332

HELP IS JUST A CALL AWAY

A confidential and voluntary counseling referral service provided free of charge to the University of Louisville employees and any other adults or children living in the family household.

Alcohol • Emotional Problems • Family Problems
Drug Abuse • Marital & Relationship Issues • Stress