

MISSION STATEMENT

EAU's mission is to provide confidential peer support, intervention, assist employees with guidance and referral to treatment when necessary, to educate and protect staff and family members who work within the Connecticut Department of Correction.

Our goal is to provide confidential resources through clinical and social intervention while maintaining a healthy and balanced work environment for agency employees and their families.



**It is a resource for all
CT DOC employees and their families.
It's Free. It's Confidential.**

**HELP LINE
1-844-997-4EAU (4328)**

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1-844-997-4EAU(4328)

Employee Assistance Unit

EAU

Connecticut Department of Correction



**PEERS HELPING PEERS
1-844-997-4EAU (4328)**

CORRECTIONAL PROFESSIONAL TRAUMA

- Exposure to difficult situations, violence, hazardous materials, excessive noise, infectious disease.
- Working in confined spaces with Physical and Psychological demands.

PERSONAL TRAUMA

- Personal, family, relationship issues.
- Having your own safety jeopardized.
- Physical, sexual, psychological abuse.
- Military Combat exposure.
- Natural disasters.
- PTSD. Medical issues for self or family.
- Death of a loved one.

ADDICTIONS

- Prescription medications.
- Alcohol.
- Technology.
- Narcotics.
- Marijuana.
- Sex.
- Food.
- Steroids.
- Gambling.
- Shopping.
- Other street drugs.

OPTIONS FOR TREATMENT

- Outpatient/In-Patient.
- Counseling
- Intensive Outpatient.
- Residential Detox.
- 12 Step Meetings.
- Family Assistance.



We have carefully chosen service providers that are qualified to address the unique stressors that hazardous duty personnel encounter. Several of our partners have treatment programs designed specifically for correctional professionals.

DID YOU KNOW?

- Approximately 1 and 5 adults in the U.S. experiences mental illness each year.
- Among the 20.2 million adults in the U.S. with substance abuse problems 50.5% had co-occurring mental illness.
- 18.1% of adults in the U.S. live with an anxiety disorder such as PTSD or OCD
- Combining medication with therapy there is a 75%-90% treatment of many anxiety disorders
- Some of the programs that EAU refers employees to have success rates 300% better than the national average