

EMPLOYEE ASSISTANCE PROGRAM

Directions Counseling Center offers an Employee Assistance Program (EAP) in cooperation with area businesses. If your employer has an EAP, you and your family members are eligible for a free one-hour assessment with a Directions counselor each year. Your employer will not be contacted or receive any information about your assessment without your written consent.

PAYING FOR SERVICES

Directions Counseling Center is certified as an outpatient treatment facility by the State of Wisconsin. Health insurance offered by many employers will cover all or part of treatment. If you have any questions about your insurance coverage, please ask a member of the Directions office staff.

LOCATIONS

Directions Counseling Center is located next to Watertown Regional Medical Center and can be located by following the blue and white hospital signs throughout Watertown. Directions staff members also keep office hours at the Juneau, Lake Mills Clinic and the Center for Women's Health in Watertown.

**FOR MORE INFORMATION
ON DIRECTIONS COUNSELING,
CALL (920) 262-4800**

UW Health Partners

**Watertown Regional
Medical Center**

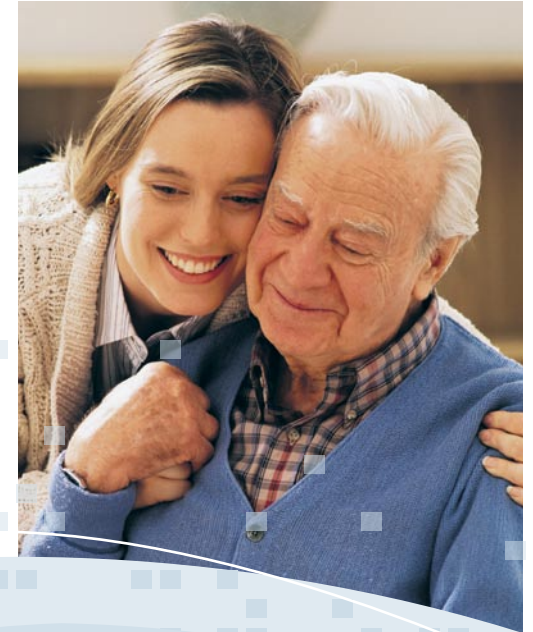
129 Hospital Drive, Watertown WI 53098

(920) 262-4800

uwhpwatertown.com

08.2008

DIRECTIONS COUNSELING CENTER



YOU ARE NOT ALONE

UW Health Partners

**Watertown Regional
Medical Center**

At some point in our lives, each of us may feel burdened or overwhelmed by issues that are difficult to face alone. When this happens, it is important to remember that help is available and you are not alone. At Directions Counseling Center, our goal is to compassionately and confidentially help you through these issues.

COUNSELING SERVICES

Personal Issues

Common emotional, psychological or behavioral concerns addressed at Directions include:

- ◆ Depression
- ◆ Grief
- ◆ Panic Attacks
- ◆ Excessive Worry
- ◆ Anger and Resentment
- ◆ Sexual Abuse
- ◆ Post-traumatic Stress Disorder
- ◆ Adjustment to loss of a relationship or job

Alcohol and Other Drugs

Drug and/or alcohol abuse has many victims—the abuser, parents, spouse, children, friends and co-workers. With a certified AODA counselor and other staff who specialize in the area, Directions Counseling Center offers resources and support for those affected by drug and alcohol abuse.

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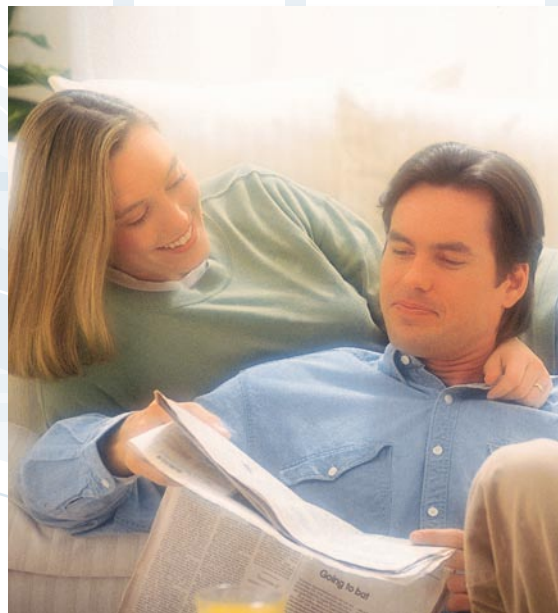
Childhood Difficulties

Behavioral problems, depression, and anxiety are not uncommon in children and can impact their functioning at home and at school. Directions Counseling Center offers testing and services to help children overcome these difficulties.

Relationship Issues

The staff at Directions Counseling Center can help you cope with problems in your personal relationships, including:

- ◆ Communication
- ◆ Marital Conflicts
- ◆ Parenting Issues
- ◆ Teenage Rebellion



MEDIATION SERVICES

Mediation is a process which gives individuals guidance in finding their own solutions to conflicts. Directions Counseling Center offers certified professional mediation services.

THE DIRECTIONS TEAM

Clinical psychologists, social workers, chemical dependency counselors and consulting psychiatrists make up the staff of Directions Counseling Center. These qualified professionals work together as a team with the client to develop individualized treatment plans for each client and evaluate progress on a regular basis.