

To schedule an appointment:

Tennessee

Bristol

1 Medical Park Blvd.
Suite 200E
Bristol, TN 37620
423.844.5100

Elizabethton

1497 West Elk Ave.
Suite 21
Elizabethton, TN 37643
423.542.7420

Greeneville

438 East Vann Road
Suite 202
Greeneville, TN 37743
423.636.0491

Johnson City

701 Med Tech Parkway
Suite 201
Johnson City, TN 37604
423.302.3480

Kingsport

2204 Pavilion Drive
Suite 107
Kingsport, TN 37660
423.343.1442

Rogersville

948 West Broadway St.
Suite 2
Rogersville, TN 37857
423.921.7150

Virginia

Abingdon

613 Campus Drive,
Suite 200
Abingdon, VA 24210
276.628.1186

Big Stone Gap

1980 Holton Ave.
Suite 103
Big Stone Gap, VA 24219
276.524.8100

Lebanon

344 Overlook Drive
Suite 200
Lebanon, VA 24266
276.883.8042

Rural Retreat

7021 West Lee Highway
Suite C
Rural Retreat, VA 24368
276.686.4148

St. Paul

16431 Wise St.
St. Paul, VA 24283
276.762.2300

For more information,
please contact the
Ballad Health EAP office
nearest you.

Prioritize your well-being with
our EAP counseling services,
designed to provide support
that fits into your life. Whether
at home or on the go, benefit
from professional guidance
via telehealth or phone—your
comfort, our priority.

Give us a call.
We're listening.

Employee Assistance Program (EAP)



SCAN ME

Virtual visits are
available. Scan the QR
code to schedule an
appointment today!



When you need extra support

The Ballad Health Employee Assistance Program (EAP) provides you and your covered dependents with confidential mental health services through Behavioral Health Outpatient Services. The EAP covers ten **free** therapy and/or medication management visits per plan year.

You are eligible for coverage under the EAP if you are:

- A benefit-eligible team member (or)
- A dependent of an eligible team member who is covered through one of Ballad Health's insurance plans

Services

Employee Assistance Program services include:

- Couples' therapy
- Family sessions
- Individual treatment
- Medication management
- Telehealth and phone sessions

Our team consists of licensed professional counselors, licensed clinical social workers, board-certified psychiatrists, licensed psychiatric nurse practitioners and a licensed psychological examiner. Working together, EAP provides outpatient behavioral and mental health assessments, treatments and referrals. Often, employees and their dependents seek the following services or reasons for treatment below:

- ADHD/ADD testing
- Adolescent counseling for peer pressure/ bullying
- Anxiety
- Behavioral conduct/CBT
- Bipolar disorder
- Children and divorce
- Conflict resolution
- Depression
- Divorce counseling
- Emotional eating
- Eye Movement Desensitization and Reprocessing (EDMR) trauma therapy
- Grief counseling
- Parent/child conflicts
- Play therapy for children ages 5 and older
- Post-traumatic stress disorder (PTSD)
- Pre-marital and marital counseling
- Stress and mediation techniques
- Workplace stressors

Our Promise: Confidentiality

All contact with Employee Assistance Program (EAP) representatives is strictly confidential. EAP representatives may not reveal the identity of those who call or the nature of the problems to Ballad Health or anyone else without specific written consent. Ballad Health will receive summary reports from the EAP to evaluate the effectiveness of the program, but no one's identity will be revealed in these reports.

Respond Crisis Hotline:
800.366.1132

Important reminder

Feel free to contact the EAP regardless of the nature of your problem. No restrictions apply to the problems you may bring. However, the EAP will not intervene with such issues directly related to your job such as raises, promotions and terminations. You should discuss these types of issues with your area manager. EAP does not provide legal court services or representation.