

Participating EAP Providers

To schedule an EAP appointment in the south central Pennsylvania region, call a participating provider location directly.

IMPORTANT - When you call the office of your choice, please say that you would like to use your EAP benefits through WellSpan EAP.

For an expanded listing of provider locations with physical addresses, please visit us on the web at WellSpan.org/EAP.

To arrange WellSpan EAP services anywhere outside of south central Pennsylvania, please call us toll-free at 1-800-673-2514. We will refer you to a participating provider near you.

South Central Pennsylvania Region

Adams County

WellSpan Behavioral Health
Gettysburg, (717) 339-2710

Bryton Counseling &
Consulting Services, LLC
Gettysburg, (717) 817-1093

Heritage Behavioral Health
Counseling
Gettysburg, (717) 359-8596

Lori Dilling-Miley, MA
New Oxford, (717) 624-1334

Pennsylvania Counseling
Services
Gettysburg, (855) 272-1653

TrueNorth Wellness Services
Gettysburg, (717) 632-4900

Berks County

Berks Counseling Associates
Wyomissing, (610) 373-7005

Emotional Wellness
Reading, (610) 779-7272

Family Guidance Center
Wyomissing, (610) 374-4963

Glad Services Counseling &
Coaching Center
Wyomissing, (610) 678-7300

Berks County - continued

Pennsylvania Counseling
Services
Reading, (855) 272-1653

Cumberland County

Alcove Counseling Services
Mechanicsburg,
(717) 691-1090

Behavioral Healthcare
Consultants
Lemoyne, (800) 535-4803

Cumberland Valley
Counseling Associates
Carlisle, (717) 243-1511

Franco Psychological
Associates, PC
Carlisle, (717) 243-1896

Guidance Associates of PA
Camp Hill, (717) 732-2917

Leedy/Abbey Counseling
Services, LLC
Camp Hill & Carlisle,
(717) 241-2345

Mock Mays Associates
Carlisle, (717) 258-0214

Pennsylvania Counseling
Services
Carlisle & Mechanicsburg,
(855) 272-1653

Dauphin County

Cornerstone Counseling
Harrisburg, (717) 671-9520

Guidance Associates of PA
Hershey, (717) 732-2917

Mindful Counseling Services
Hershey, (717) 599-9044

Pennsylvania Counseling
Services
Harrisburg, (855) 272-1653

Pressley Ridge
Harrisburg, (717) 845-6624

Rogers Counseling Services
Harrisburg, (717) 645-5233

TrueNorth Wellness Services
Harrisburg, (717) 632-4900

T.W. Ponessa & Associates
Harrisburg, (800) 437-5405

Franklin County

Cumberland Franklin
Counseling Services, LLC
Shippensburg, (717) 532-2196

Franklin Family Services
Chambersburg, (717) 267-1515

Greencastle Family Practice
Counseling & Psychology
Greencastle, (717) 597-0095

Laurel Life Services
Chambersburg, (717) 261-9833

Pathways Counseling
Services, LLC
Chambersburg, (717) 263-7758

Pennsylvania Counseling
Services
Chambersburg, (855) 272-1653

SpiriTrust Lutheran
Counseling Services
Chambersburg, (717) 263-9093

Lancaster County

WellSpan Philhaven
East Petersburg, Elizabethtown,
Ephrata & Lancaster,
(800) 527-2322

Behavioral Healthcare
Consultants
Lancaster & Lititz,
(800) 535-4803

Carol Gingerich, LCSW
Lancaster & Leola,
(717) 330-7902

Clarity In Your Life, LLC
Akron, (717) 799-3963

Jordan Counseling Services
Leola, (717) 207-9846

New Life Psychological
Services
Ephrata & Elizabethtown
(717) 606-7652

Pennsylvania Counseling
Services
East Petersburg & Lancaster,
(855) 272-1653

Providence Behavioral Health
Lancaster, (717) 397-1400

Psychological Associates of
Lancaster
Lancaster, (717) 569-8511

River of Hope
Ephrata, (717) 274-3950

Rost & Associates
Lancaster, (717) 392-8077

Rothsville Counseling
Lititz, (717) 627-5133

Samaritan Counseling Center
Lancaster & Mount Joy,
(717) 560-9969

T.W. Ponessa & Associates
Lancaster, (800) 437-5405

Weigel Counseling
Associates
Lititz, Lancaster & Willow
Street, (717) 464-1450

Lebanon County

WellSpan Philhaven
Lebanon & Mt. Gretna,
(800) 527-2322

Chris Taylor, LCSW
Lebanon, (717) 273-1341

Cobys Family Services
Palmyra, (800) 452-6517

Debra Gray-Felty
Lebanon, (717) 272-8922

Pennsylvania Counseling
Services
Lebanon, (855) 272-1653

River of Hope
Lebanon, (717) 274-3950

Susan Farnsworth, LPC, SAP
Fredericksburg, (717) 926-7775

T.W. Ponessa & Associates
Lebanon, (800) 437-5405

York County

WellSpan Behavioral Health
York, (717) 851-6340
New Freedom, (717) 812-2560

Arrow Counseling Services
York, (717) 755-0011

Behavioral Healthcare
Consultants, P.C.
York, (800) 535-4803

Cognitive Health Solutions,
LLC
Hanover, (717) 632-8400
York, (717) 747-3659

East York Psychological
Associates
York, (717) 885-0503

York County - (continued)

Hanover Family Practice
Associates
Hanover, (717) 637-7812 &
632-2700

Pressley Ridge
York, (717) 845-6624

Psychological Associates
of PA
York, (717) 755-0921

Richard Carlson Ph.D.
Hanover, (717) 632-3886

Ronald Barrick LPC, SAP
Hanover, (717) 451-7826

Rost & Associates
York, (717) 843-6561

Ryann C. Hollman, LCSW,
LLC
Hanover, (717) 630-0945

The Center for Creative Arts
& Play Therapy, LLC
York, (717) 741-0000

TrueNorth Wellness Services
Hanover, York & Shrewsbury,
(717) 632-4900

T.W. Ponessa & Associates
York, (800) 437-5405

Employee Assistance Program

Depression, Family Challenges,
Stress, Anxiety, Self Esteem, Alcohol/Drugs,
Relationship Issues, Grief & Loss,
Other Personal Issues



WellSpan.org/EAP



Life happens. We can help.

We all struggle from time to time with problems resulting from life's demands and pressures. Some issues can be solved alone; others require help. These problems can affect our emotional well-being, job performance, home life and health.

WellSpan EAP is a confidential and voluntary program that provides face-to-face assessment, short-term counseling, referral and follow-up services. Care is designed so that employees and their dependent family members can seek help without worrying that someone at work will find out about their problem.

WellSpan EAP provides confidential, professional care to help individuals identify and resolve personal and workplace issues. Life happens. We can help.

When you call a provider to make an appointment:

- Please say you want to use your employee assistance program benefit through WellSpan EAP.
- You do not need medical insurance to use your WellSpan EAP benefit. However, if you do have medical insurance you will be asked for your insurance information. This will enable you to be scheduled with a provider who accepts your plan if you decide to continue with counseling after using your free EAP sessions.
- You will be asked for your name, address, phone number, a description of your problem or issue, and the name of the employer providing your EAP. Be assured that this information will be kept confidential. No one, including your employer, will be informed that you contacted us.

Your Needs

We work with you to address whatever issues you wish to discuss. Some of the more common problems include, but are not limited to:

- Marital & relationship conflict
- Depression
- Family & child issues
- Stress
- Alcohol and drug use
- Anxiety
- Self-esteem
- Work and career
- Sexual and physical abuse
- Conflict with others
- Critical incident stress
- Grief and loss
- Health
- Managing change
- Addictions
- Life transitions

Services

Our licensed professionals offer expert care in a compassionate environment, respectful of your needs. Your privacy is protected by strict confidentiality laws as well as professional ethical standards. Details of your participation and your discussions with EAP cannot be released to anyone without your written consent, except in extreme cases where you represent a danger to yourself or others.

The EAP is free. It's a prepaid benefit purchased by your employer. There are no charges for employees or their dependents utilizing EAP sessions covered under an employer's plan. You are automatically enrolled in the program.

Continuation of Care

WellSpan EAP does not require authorization for services, however if the provider asks for an authorization number please have the provider call WellSpan EAP directly.

For many people, a few visits with an EAP counselor are enough to identify and resolve a problem. For others, additional services may be recommended.

The EAP counselor will provide you with services or refer you to community resources that fit your treatment needs, your insurance plan and any special circumstances.

WellSpan EAP also offers more than just counseling services. Visit our web site for free online resources, health and wellness information and an expanded provider listing at WellSpan.org/EAP.

Questions

If you have any feedback or questions regarding the EAP or you experience any customer service issues, please contact us!

Please call our customer service team at 1-800-673-2514, Monday through Friday, 7:30 a.m. - 4 p.m. (EST).

Appointments

To request WellSpan EAP services in south central Pennsylvania, please call the participating office location that is most convenient for you. Some locations are listed in this brochure. An expanded provider listing for central Pennsylvania is available online at WellSpan.org/EAP.

For additional providers or to request WellSpan EAP services anywhere else in the continental U.S., simply call 1-800-673-2514. We'll refer you to a participating WellSpan EAP provider in your area.

Office hours vary by provider and location. Many providers offer evening hours during the week. Your provider's office will work with you to find an appointment time that meets your needs.

Emergency services are available 24 hours a day, seven days a week. Individuals in crisis can call our crisis intervention hotline toll-free at 1-800-673-2496 to speak directly with a crisis counselor.