

There are two means by which employees may benefit from the program: by self referral or by mandatory referral by supervisor.

SELF REFERRAL

In an EAP the ideal way by which an employee may benefit is self referral. Indeed the ultimate goal of this program is to have all employees with problems seek assistance. The Personnel Welfare Counsellor receives and counsels a steady stream of self referrals with problems other than those related to alcohol. But rarely are problem drinkers capable of seeking help because they are incapable of making accurate self diagnosis. Indeed a crisis nearly always has to be precipitated in the life of the afflicted person before he or she will seek help. Friends, husbands, wives or enforcement agencies are nearly always the catalyst.

HOW WILL THE PROGRAM WORK FOR SELF REFERRALS?

This is considered the most important part of our program because it has been demonstrated persons who actively seek assistance have a better chance in solving their problems. Persons for whom alcohol is causing a problem in any part of their lives will be relieved to discover that effective counselling is available. Enquiries on behalf of spouses are encouraged. Remember, the success rate for volunteers is high.

In Canada call or write to: Personnel Welfare Counsellor
Lester B. Pearson Building
Tower C Room 158
Second Floor
OTTAWA, Ontario K1A 0G2
Phone number 992-1641

At Posts Abroad

a) Write directly to the Personnel Welfare Counsellor in Ottawa. Your letter will be treated in strict confidence. EAP staff in Ottawa have personal contacts with a wide network of resources and are in a position to assist you.

b) At posts that receive regular HWC visits, staff should take advantage of medical consultations with HWC doctors who will soon be receiving training in alcoholism and will be in a position to diagnose and recommend a course of treatment.

c) Where possible your manager has established contacts with suitable local facilities and at most posts this includes Alcoholics Anonymous. Consult him/her in confidence.