

OUR MISSION

Is to provide the highest quality professional and confidential assistance to state employees and their eligible family members to promote wellness and to prevent or resolve personal or organizational issues that may interfere with work productivity, home life or behavioral health.



ESP SERVICES ARE CONFIDENTIAL

ESP provides services in a confidential manner. The client maintains control over information shared while obtaining program services. Involvement with the Employee Service Program will not be discussed with others—except with written informed consent from the client, or as permitted or required by law.

**For confidential
assistance contact ESP
toll-free from anywhere
in Michigan
800-521-1377
Monday—Friday
8:00 a.m.—5:00 p.m.**

Lansing Office:

Capitol Commons Center
400 S. Pine, Suite 103
Lansing, MI 48933
Fax: 517-335-5678

**Visit our website:
www.michigan.gov/esp**

State of Michigan Civil Service Commission

EMPLOYEE SERVICE PROGRAM



*Providing confidential, quality
assistance to State of Michigan
employees and their eligible
family members.*

**Reaching Out is a Sign
of Strength**

Employee Service Program

The Employee Service Program (ESP) provides confidential employee assistance to state employees and their eligible family members. ESP's licensed masters social workers (LMSW) are available to provide expert, confidential services to you and your family members to help you identify strategies for resolving concerns that are affecting your personal or work life.

The Employee Service Program will:

- Meet with employees individually to discuss personal and/or work related concerns.
- Assist groups of employees who have been exposed to disturbing events at work.
- Conduct presentations on wellness and other topics of interest.
- Help develop strategies for improving the quality of the workplace experience.
- Provide information and referrals for a variety of behavioral health concerns.

The Employee Service Program can help!

With personal challenges such as:

- Depression and Anxiety
- Substance Abuse and Eating Disorders
- Family difficulties, life changes, and job stress

With problems at work such as:

- Managing change and coping with traumatic events
- Staff conflicts and communication difficulties

Who uses the Employee Service Program?

Individual employees and their eligible family members who want help with personal problems.

Supervisors, Managers and Labor Relations Officers concerned about problems in the workplace.

Department Directors and/or Human Resource Directors concerned about issues that affect multiple levels of their department.

Employee Organization Representatives who are concerned about one or more of their members.

Visit us online at:
www.michigan.gov/esp

Our website has a wealth of information and resources available to you at any time:

- Mental Fitness: Click on the *Interactive Screening Program* for personalized information about depression, bipolar disorder, generalized anxiety disorder, PTSD, eating disorders, adolescent depression, alcohol problems and how to obtain assistance.
- Managing Stress: The *StressStop Management Tool* gives you an opportunity to assess your own stress level and develop a customized stress management plan to fit your unique needs.
- Work/Life Resources: Articles and links for assistance with finances, elder care, legal questions and other lifestyle concerns.
- Wellness Resources: Articles on behavioral health topics and links to websites with additional information.

Referrals and Insurance Coverage

ESP services are provided free of charge. If a referral is made for additional counseling services, ESP counselors refer clients to professionals covered by the health insurance benefit. The ESP counselor can also discuss basic information about the counseling benefit and provide telephone numbers for further information about coverage.