

WHAT IS EAP?

The Employee Assistance Program (EAP) is confidential counseling and coaching for employees and their families.

- Voluntary and confidential
- No charge
- Up to six sessions per issue
- Available to employees and their family
- Home or work issues
- Marriage, relationship and coaching sessions
- Drug, alcohol or other addiction issues
- Grief assistance, divorce and child custody issues
- Elder care concerns, anxiety and other mental health issues
- Co-worker conflicts, working with chronic illness and managing financial stressors
- Referrals to community agencies/resources

WHAT IS COACHING?

Coaching: when you need that little nudge to gain clarity; to challenge yourself to dig deeper, why not seek the support available to you to maximize your personal and professional potential? Get started by contacting an EAP provider and begin realizing your possibilities, your strengths and motivating yourself to action.



MAKING AN APPOINTMENT

Some problems hit very suddenly while others build up so slowly. It's hard to recognize how seriously they are affecting your life. Feelings of discomfort are the best clues, especially if they last a significant length of time. The best solution is to talk with a counselor about your circumstances and your feelings as soon as possible.

For more information or to make an appointment, call any of the professional counselors at their number listed on this brochure.

RESOURCES

Angela Deem, RN
Manager Occupational
Health and Wellness
Sarasota County Government
941-650-9908
adeem@scgov.net

Suicide Prevention Lifeline:
Provides 24/7, free and confidential
support for people in distress,
prevention and crisis resources for
you or your loved ones.

1-800-273-8255 (TALK)

For all emergency or life threatening
crisis, please go to your nearest
Emergency Room or call 911.

EAP

Sarasota County Government

Confidential counseling
and coaching for employees
and their families



EAP PROFESSIONAL COUNSELING STAFF



Jim Benedick, EdD, LCSW

5104 N. Lockwood Ridge Road, Suite 105
Sarasota, FL 34234-3312
941-358-0234

Adults, relationships, addictions, stress, anger management and communication within relationships.



Lisa Jennay, LMFT

2477 Stickney Point Road, Suite 115 B
Sarasota, FL 34231
941-780-1569

Individual, couple, and family issues, mental health concerns, trauma, and life transitions.



Isa VanHelden, LMHC

2801 Fruitville Road, Suite 110
Sarasota, FL 34237
941-924-2991

Adults, teens, groups, eating disorders, overeating, bulimia, depression, and anxiety.



Kara Bumgarner, LMHC

7735 Holiday Drive, Snug Harbor Village
Sarasota, FL 34231
941-780-1148

Grief/loss, anxiety, couples, chronic health issues, transitions, empty nest and trauma, 16 years - adult.



D. Paul Rodriguez, PhD, LMHC

2500 Bobcat Village Center Road, Unit F
North Port, FL 34288
941-564-8734

SAP, trauma certified, substance abuse, PTSD, couples, high-conflict divorce, children with anxiety, and men's issues/group; finds that groups make people accountable.



Ginnie Whittington, LCSW

5131 Manatee Ave. West
Bradenton, FL 34205
941-708-0896

Adults 20 years old to seniors. Grief and loss, stress and anxiety management, couples issues, and life transitions.



Monica Cherry, LMHC

5104 N. Lockwood Ridge Road, Suite 104C
Sarasota, FL 34234-3312
941-724-7329

Children to adults. Depression, anxiety, stress, relationships, women's issues, and postpartum depression.



Margaux Surette, LMHC

240 N. Washington Blvd. Suite 314
Sarasota, FL 34236
941-483-6348

Mental health concerns: adults, children, families, stress management, and relationships.



Patricia Wingefeld, LCSW

6170 State Road 70, Suite 109
Bradenton, FL 34203
941-907-8994

Children, adolescents, couples, anxiety, depression, ADHD, behavior problems, grief for kids, cognitive behavioral therapy (CBT), bereavement; and has therapy dog.



Paula DeMauro, LCSW, BCD

1505 Tamiami Trail S., Suite 401A
Venice, FL 34285
941-488-5621

SAP, cognitive behavioral therapy (CBT), DUI, relationships; helps clients see how thought patterns lead to feelings, self-messages, and then to behaviors.



Amy Thatcher, LCSW

5971 Cattleman Lane
Sarasota, FL 34232
941-587-2055

SAP, adults, teens, addictions, relationships, and life transitions.

For more information, or to make a confidential appointment, call any of the professional counselors at their numbers listed on this brochure.

All counselors are fully licensed in the state of Florida. They are expert generalists and adept at providing assistance to help you with your personal concerns.