



EMPLOYEE ASSISTANCE PROGRAM



WHAT IS PAE?

The Employee Assistance Program is known for its Spanish acronym as PAE. It provides professional counseling to employees and their direct dependents to help them manage those situations that impact their quality of life at home or their productivity at work.

APS OPTIMIND'S PAE

Our PAE has a preventive proactive, confidential, approach that has proven to be highly effective in providing the much-needed support and guidance.

- **PREVENTIVE:** Promoting healthy lifestyles through education and prevention.
- **PROACTIVE:** Empowering individuals to deal with the issues that arise daily basis or enabling them to acknowledge a problem on time to avoid major complications down the road.
- **CONFIDENTIAL:** Guaranteeing total confidentiality of the process, which gives employees peace of mind of using the services whenever required without the need to being exposed.

APS OPTIMIND is backed by the sound specialized expertise of **APS HEALTH**, the leading mental health organization in Puerto Rico.



SERVICES TO EMPLOYEES

- Psychological Therapy and Counseling
- Appointment Coordination
- Referrals (according to the level of care)
- Legal Counseling
- Financial Advice
- Psychoeducational talks and workshops
- Crisis Management
- Prevention and Health Promotion:
 - Educational Newsletters
 - Health Fairs
- VIP Services

MOST COMMON ISSUES

- Stress, anxiety or depression
- Interpersonal relations
- Conflicts among family or couples
- Academic
- Use or abuse of alcohol or drugs
- Grieving or loss
- Legal or financial problems

ACCESS GUARANTY

- APS has the largest network of specialized providers in PR, with over 360 professionals
- Call Center available 24/7 and operated by licensed clinicians

ORIENTATION & SERVICE COORDINATION

iCALL NOW!
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