

We can help with many issues, including the following:

- ✓ Stress/Burnout
- ✓ Parenting
- ✓ Suicide
- ✓ Grief/Bereavement
- ✓ Depression
- ✓ Substance Abuse
- ✓ Child/Spouse Abuse
- ✓ Separation/Divorce
- ✓ Retirement Concerns
- ✓ Career Concerns
- ✓ Critical Incident/Trauma
- ✓ Financial Issues
- ✓ Anger Management
- ✓ Marital & Family Problems
- ✓ Relationship Concerns
- ✓ Anxiety/Panic Attacks
- ✓ Adolescence

**Please Call
909-884-0133 or
800-222-9691 for an
appointment or visit our
website for more
information**

www.thecounselingteam.com

The Counseling Team's Service-Oriented Support Staff

Bonnie "Spitz" Spitzer, Business Manager/Peer Support Coordinator
Cteamspitz@aol.com

Julie Casto Koot, Executive Secretary
Cteamjulie@aol.com

Brenda Hulsey, Executive Secretary
Cteambrenda@aol.com

Darren Verbout, Training & Psychological Testing Coordinator
Cteamdarren@aol.com

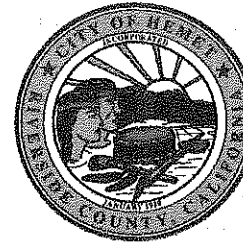
Tina Ryan, Scheduling Secretary
Cteamtina@aol.com

Maria Alvarado, Receptionist
Cteammaria@aol.com



Counseling Services

Another employee benefit offered by:



City of Hemet

*For a counseling appointment or
assistance contact:*

The Counseling Team International, Inc.

Headquarters

1881 Business Center Drive, Suite 11
San Bernardino, CA 92408
24 Hr. (909) 884-0133 or (800) 222-9691
Fax (909) 384-0734



*Satellite Offices: Corona, Palm Springs, San Diego (2),
Temecula, Victorville and West Covina*

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In this complex world, life can be challenging. As we struggle to balance the demands of work, family, and our own personal needs, there may be times when we feel simply overwhelmed. When personal problems and concerns are left unattended, they can interfere with our lives at home and at work.

Why We Have Psychological Services

The Counseling Program was designed because employees are a valuable resource. Every employer recognizes that personal problems are a normal part of living and that many employees will be affected by personal difficulties during the course of their careers.



These counseling services were established to provide confidential, professional assistance to employees, their family members and supervisors at no cost to employees. While personal difficulties usually can be resolved without outside help, the counseling program can be an excellent alternative to more difficult

situations. Unresolved problems are a concern because they frequently have a progressively destructive effect, jeopardizing an employee's health, family and job performance.

Employers are committed to the health and well being of their employees. When an individual is helped with a personal problem, home life improves, job performance improves, and everyone benefits.

Services Offered



- * Immediate 24-hour assistance in crisis situations.
- * Counseling and referral services for employees and family members who are experiencing personal, marriage family, work, substance abuse, financial problems, etc.
- * Assistance to supervisors in referring employees whose personal problems

are affecting their job performance.

- * Training for supervisors and employees in the use of The Counseling Team services.
- * Workshops and resource material on a variety of subjects such as stress management, burnout, and critical incident intervention.

There are no fees for counseling services, but there are times when individuals are referred to resources outside the program. Should an employee or family member decide to use these resources, he/she will be responsible for any fees associated with using them.

Referrals

Employees, their immediate family members and supervisors are encouraged to contact our office at the first sign of a developing problem. Early assistance is critical to prevent problems from developing into major issues. Supervisors are encouraged to call even if there is no sign of performance problems. A supervisor need not know what the problem is - only that one exists.

Will My Supervisor Be Notified?

All counseling services are completely confidential unless, the law requires divulgence. Your supervisor will not be notified unless you request it. Your counseling sessions will remain between you and your mental health professional.

A supervisor may suggest an initial counseling session if he/she believes work performance is failing, but the decision to continue counseling is the sole and personal responsibility of the employee. Neither the employee's job security nor their opportunities for promotion will be hurt by asking for assistance.

