Employee Assistance Program Overview

Neely Counseling Center (NCC) is a San Antonio based Behavioral Health Company. NCC was founded by Dr. Kirleen Neely and opened its doors in 2001. The vision was to create a platform for mental health that focused on preventive care instead of reacting to mental health issues after things have gone wrong. Promoting annual counselor check-ins became a central theme.

NCC partners with transportation companies to provide Employee Assistance Programs (EAP). These services include in-person and remote counseling, training, crisis support, and overall wellness enhancement – giving all employees, and their dependents direct access, as needed, to mental health services.

Providing an EAP and Life Management Services to your employees and their dependents makes good economic sense, especially during these difficult times, as an unresolved personal problem can lead to lost productivity not only for the employee in need, but also for a co-worker and supervisor who must address deteriorating performance.

NCC believes that mental health care should be preventive, not reactive. NCC delivers comprehensive services that improve employee productivity and their overall wellness.

**Couch Time Check-In**
- Annual Comprehensive Check-In
- Face to Face / Teletherapy Counseling (1-5 sessions)
- Mental Health Education and Training

**Crisis Mental Health Training**
- Coping with Disasters (COVID)
- Group Management Readiness
- Traumatic Stress Management

**Management Services**
- Critical Incident Stress Debriefing (CISD)
- Department of Transportation (DOT) Substance Abuse Training
- Management Consultation

**Wellness Training**
- Exercise and Nutrition Plan
- Personal Wellness Coach
- Sleep Management

**Work and Life Services**
- Attorney Consultation (Telephonic)
- Legal and Financial Seminars
- Professional Financial Advice (Telephonic)

**Department of Transportation Substance Abuse Professionals (DOT SAP) Evaluations**
- Develop specific strategies to decrease stress, anxiety and fatigue in the workforce
- Improve understanding of the ways stress shows up in a crisis
- Uncover how a backstory effects coping strategies

**Our Mission** is to create a national initiative to break the stigma associated with mental health through the use of annual mental health check-ins. NCC calls it getting a “couch time check-in.” Regular check-ins will go a long way in detecting when someone is struggling and could prevent small problems from turning into significant issues. Preventive checkups have been shown to greatly reduce the risk of chronic illness in the medical field. NCC hopes to bring the same philosophy to the mental health field. Preventive check-ins can also reduce the stigma associated with mental health.