

## **About the Employee Service Program**

*The Employee Service Program (ESP) provides confidential employee assistance to state employees, and to the Michigan Supreme Court and the Michigan Court of Appeals employees. ESP's licensed masters social workers (LMSW) are available to provide professional confidential services to identify strategies for resolving concerns affecting personal or work life. Services include assistance with emotional difficulties, substance abuse, job performance problems, workplace conflicts, family problems and financial difficulties.*

### **Our Mission**

*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.*



**IF YOU HAVE ANY  
QUESTIONS PLEASE  
CONTACT**

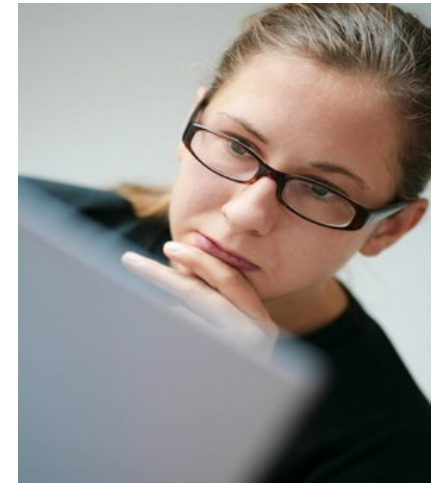
### **EMPLOYEE SERVICE PROGRAM**

**LANSING OFFICE  
517-284-0137**

**DETROIT OFFICE  
313-456-4020**

**STATEWIDE  
800-521-1377**

*Answers to Questions About*  
**DEPRESSION  
ANXIETY  
ALCOHOL  
POST TRAUMATIC STRESS  
EATING DISORDERS  
ADOLESCENT DEPRESSION**



### **INTERACTIVE SCREENING PROGRAMS**

Sponsored by  
STATE OF MICHIGAN  
CIVIL SERVICE COMMISSION  
**EMPLOYEE SERVICE PROGRAM**

## FREE ANONYMOUS ONLINE SCREENINGS



Screenings are anonymous, take about 5 minutes to complete, and provide the following:

- **Immediate Information.** After completing the anonymous online questionnaire, the program will let you know if your results are consistent with symptoms of any of the treatable conditions listed in this brochure.
- **Convenient Access.** 24 hours a day, 7 days per week with complete anonymity. You can go online at any time and you never have to identify yourself.
- **Referral Resources.** The screenings are not professional diagnoses, but highlight possible symptoms of these treatable medical conditions. If your score indicates you may have any of these conditions, you will be encouraged to seek further evaluation. You will be given the telephone number to contact the Employee Service Program to speak confidentially with a counselor to discuss the various resources available to you. The program will also give you information on how to contact your health insurance provider to ask for a referral for further services.

## Depression

We all have “ups and downs” from time to time that come and go. But for people with Depressive or Bipolar disorders symptoms persist for days or weeks at a time. Symptoms can include feeling sad, irritable, hopeless or suicidal; experiencing difficulties concentrating; lack of energy or appetite; having periods of extremely high energy and unrealistic goals and expectations.

## Anxiety

For most of us, anxiety normally comes and goes. However, for over four million adults, constant anxiety seriously interferes with their lives. Symptoms can include persistent worry and irritability, problems concentrating and difficulties with eating or sleeping.

## Alcohol

Alcohol is a part of our culture, but for about fourteen million Americans, drinking has caused physical, emotional, social and legal harm. Problems can include: guilt or embarrassment about things you have done while drinking, fulfilling family and/or employment responsibilities, health and legal problems, and difficulty controlling the amount you drink. You can also complete the screening if you are concerned about another adult’s drinking by answering the questions as you believe apply to his/her drinking.

## Post-Traumatic Stress

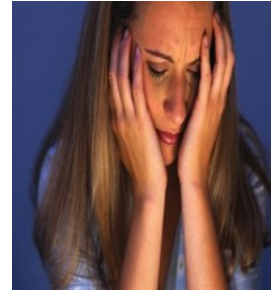
Witnessing or being involved in traumatic events such as violence, deaths, injuries or disasters can have negative effects, with symptoms that may be delayed for months or years. These symptoms include reliving the event, avoiding reminders of it, social withdrawal, forgetting some of what happened, feelings of guilt and substance abuse.

## Eating Disorders

It seems almost everyone is concerned about their weight or eating habits. For over five million people this concern has become a dangerous medical disorder known as Anorexia, Bulimia or Binge-eating. Some warning signs include: intense fear of gaining weight, avoidance of eating in front of others, frequently checking weight, excessive exercising, periods of excessive eating with a sense of lack of control and self-induced vomiting, or inappropriate use of laxatives.

## Adolescent Depression

Concerned about your teenage child? Does he or she seem to be sad all the time, not enjoying things, not relating to their friends? Has school performance gone down? These may be symptoms of depression. If you are concerned, you can complete the Adolescent Depression Screening by answering the questions as you believe they apply to your teenager.



**To take an online screening for any of these conditions, go to:**

[www.mentalhealthscreening.org/screening/espmi](http://www.mentalhealthscreening.org/screening/espmi)