

Rutherford County Employee Assistance Program offered by:

WOODRIDGE PSYCHOLOGICAL ASSOCIATES

Woodridge Psychological Associates has partnered with Rutherford County Government to provide employee assistance through the Employee Assistance Program.

This program is established to assist employees or family members in their time of need in seeking professional advise/counseling.

The first visit is free. Additional visits thereafter can be made by using your health insurance and paying the co-pay, cash, check, or credit. Woodridge will work with employees towards a payment plan.

Visits are strictly confidential. Employees can call to schedule a visit or upon their request, either their supervisor or the HR Director can schedule a visit for them.

Appointments can be scheduled by calling 828-287-7806.

Woodridge provides an array of counseling needs such as those listed below:

- Outpatient therapy for adults, adolescents, children, families, individual, and couples
- Mental Health counseling
- Substance Abuse treatment
- Anger assessment and treatment
- Sexual Offender Risk Assessment, Evaluation, and Treatment
- Play Therapy for children
- Risk assessments
- DWI assessment and treatment
- Psychological evaluation
- Specialty Counseling

Couples in crisis, anxiety from a trauma, financial struggles, and much more can be addressed through this program.

If you are in need, please take advantage of these services.