

Is Workplace Stress Giving You the Blues?

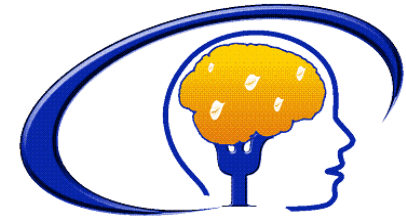


Do you feel stressed at work? Does your anger ever overcome you in the workplace? Does the thought of hearing your supervisors voice send chills down your spine? You are not alone. Workplace stress affects millions of Americans daily and is one of the leading causes of coronary heart disease. Yes, it is true, Stress Kills. Visiting a mental health practitioner can help ease your stress and let you live a happier life. The skilled Clinicians at Luis Hines and Associates, P.A. are available to help you on your way to happiness.



1250 SW 27th Avenue
Miami, FL 33135 Suite 402, 404 & 407

Phone: 305-642-5255
Fax: 305-642-8850



DR. LUIS HINES
AND ASSOCIATES

**Employee Assistance
Program (EAP)**



**Please call 305-642-5255 to
schedule an appointment.**

(Early morning, afternoon and evening
appointments available.)

www.luishinesandassociates.com



Working Towards Wellness Together

EAP benefits allow employees to seek help from mental health practitioners in order to ease work related stress and therefore create a healthier work environment. These benefits are usually covered at 100% with no cost to the employee. Please contact the Human Resources Department at your place of employment to learn about your Employee Assistance Program Benefits.

Services Offered:

- Adult Psychotherapy
- Child/Adolescent Psychotherapy
- Medication Management
- Psychological Testing
- Workman Comp
- EAP: Employee Assistance Programs
- Anger Management
- Stress Management
- Substance Abuse Therapy
- Bi-lingual Counselors



Our Staff:

Luis C. Hines, Ph.D.

Luis C. Hines is the founder of Luis Hines and Associates, P.A. and has over 15 years of clinical and education experience with children and adults. He specializes in mood disorders, stress management, anger management, and sports psychotherapy.

Psychologists

Our Psychologists at Luis Hines and Associates are able to provide an array of assessments including: Competency, Parenting effectiveness, emotional/psychological functioning, ability to testify learning disability, and employee training. Some have been in practice for as long as 20 years and specialize in Clinical and Forensic Psychology. We provide treatment for adults, couples, families, and children with mental and psychological addiction disorders.

Psychiatry

Our Psychiatrists specialize in treatment of mood and anxiety disorders, addictions, and post-traumatic stress disorder.

Social Workers

Our Social Workers specialize in providing individual, family, and marital counseling addressing depression, anxiety/panic disorders, loss and grief, post-traumatic stress disorder, adjustment disorder and stress management using visualizations and meditation.

Nurse Practitioners

Specialize in providing medication management for individuals who suffer from depression, anxiety, disorder, sleep disorders, and stress management to include observation of response to medication, observation for untoward effects, as well as counseling and education.