

HOW TO USE YOUR EAP



PROGRAM SUMMARY

- The Employee Assistance Program (EAP) is provided by your employer at no additional cost to you. Individual use of your EAP is confidential and not reported to your employer or manager.
- The EAP is for you and your household family members. Everyone is automatically enrolled and receives their own set of counseling sessions and life management services.
- If you are under the age of 18, please call us at 800-968-8143.
- If you are experiencing an emergency, please call 911.

WHEN TO USE YOUR EAP

We have easy-to-use resources to help support you and help you reach your potential at work and in life.

Use COUNSELING SERVICES for

- Grief and loss
- Stress management
- Alcohol/Substance use
- Relationship conflict
- Anxiety
- Depression
- Trauma
- Anger management
- Spiritual matters
- Workplace concerns
- Work-life balance
- Behavioral change

Use LIFE MANAGEMENT SERVICES for

- Finances
- Legal matters
- Elder and adult care
- Child care
- Adoption
- Education
- Home and life
- Health and well-being
- Work and career
- Pet care

CONTACT US

Using your EAP benefit is a healthy way to maintain work-life balance and positively affect your well-being. We are here to help when you're ready.



Call 800-968-8143

to speak to an intake specialist. Provide your name and the company funding the EAP benefit. Language assistance is available. OR



Fill out and submit the Request a Benefit form.

