

# Employee Assistance Program

Schedule a Service

Fill out the online form.

**Request My Benefit**

Call our Intake team.

**800-968-8143**

Log in to explore your benefits.

**Well-Being Center**



## Program Summary

- You have 10 services to use toward mental health or life management at no cost to you.
- You and your household members are automatically enrolled.
- Each person receives their own set of mental health sessions and life management services.
- Use of your EAP is confidential and not reported to your organization.
- If you are under 18, please call us to use your EAP.
- If you are experiencing an emergency, please call 911.

## Mental Health Sessions

### Counseling

Confidential sessions with a licensed counselor address mental, behavioral and emotional issues to improve your well-being. Counseling focuses on healing by confronting past and present challenges.



### Coaching

Confidential sessions with a certified coach focus on enhancing well-being, resilience, and personal growth. Coaches empower individuals to develop coping strategies, manage stress, and cultivate positive mindset shifts, fostering a proactive approach to mental well-being.



### Spiritual Care

It is a spiritually, but not religiously, based journey distinct from mental health and behavioral care. Clinically trained, board-certified chaplains help you spiritually define your pain, distress, or need for change. They can put together a plan to find your strengths, meaning and things that nourish you.



## Ways to Connect



IN-PERSON



PHONE



VIDEO

Meet face-to-face, in a physical space, with a provider for your scheduled session.

Use your phone to speak with a provider for your scheduled session.

Meet virtually with a provider on a device that allows you to view and speak with each other during your scheduled session.



CHAT



MESSAGE

Text a provider in real-time during your scheduled session.

Exchange unlimited texts anytime, without a scheduled session.

## Life Management Services



### Legal

Call for a free legal consultation. Licensed attorneys provide all legal services. Some popular topics are:

- Criminal
- Domestic/Family
- Legal documents
- Estate planning
- Real estate
- Civil/Consumer

### Elder and Adult

During your consultation with our specialists, receive resources and referrals for older adults, disabled adults and caregivers for:

- Adult day care and in-home care
- Geriatric care managers
- Senior housing and nursing homes
- Community resources and meal programs
- Hospice and rehab centers
- Respite care and caregiver support resources

### Financial

Financial coaches assist with planning for:

- Retirement
- Reorganizing the family budget
- Managing a financial crisis

### Education

Consults are available for students and working adults who desire assistance with continuing education. They identify referrals for:

- Financial aid and scholarships
- Tutors and test preparation courses
- Continuing education
- School/College selection
- Testing for adult learning and developmental disabilities

### Adoption

Specialists provide referrals to:

- Adoption agencies
- Attorneys
- Support groups

### Child and Family

Consultants advise on how to select child care resources and address needs for:

- Child care centers
- Summer camps
- Disability care
- Family day care providers
- After-school care
- In-home care
- Nanny agencies
- Drop-in care

### Pets

Consultants offer comprehensive referral services to assist with:

- Emergency care
- Groomers
- Obedience programs
- Veterinary selection
- Walkers
- Pet sitting
- Boarding
- Training



## Well-Being Center

### Emotional Well-Being

Mental and physical health issues are equally important to your overall well-being. We offer resources and information on major health topics:

- Addiction
- Anxiety
- Violence and abuse
- Eating disorders
- Depression
- Autism
- Managing stress
- Grief and loss

### Financial

Financial stability can be a difficult goal to achieve. Let our calculators, forms and other essential information help you become financially resilient:

- Budgeting
- Debt and bankruptcy
- Estate planning
- Credit repair
- Insurance
- Tax laws
- Home buying
- Social security

### Health

Whether you're researching a disease or a healthy recipe, start your journey with our tools and information about:

- Fitness
- Cancer prevention
- Weight-loss strategies
- Sleep disorders
- Nutrition
- Arthritis
- Skin health
- Smoking

### Relationships

Relationships require time and energy to maintain. Let our resources help you develop and further strengthen the integral relationships in your life:

- Co-workers
- Family activities
- Parenting
- Self-esteem
- Caregiver support
- Communication
- Partners/Marriage
- Confidence

### Legal

Legal troubles like traffic tickets and divorce can affect every aspect of your life. We have tools to help you with:

- Wills and estates
- Neighbors and pets
- Debt and bankruptcy
- Divorce and child care
- Criminal law
- Consumer law
- Retirement
- Real estate

### Personal Growth

Improve your personal and professional skills to help you be more successful at work and home. Check out the videos, courses and articles on:

- Leadership
- Human resources
- Manage work and family
- Performance management
- Supervision
- Communication
- Staying positive
- Team building