**RECEIVE CONFIDENTIAL SUPPORT**

WITH HELP FROM THE EAP

**Balancing life’s many demands can be challenging. That’s why we offer a free and confidential Employee Assistance Program (EAP) to you and your family! Whether you seek grief counseling or need help finding the right daycare, the EAP is here to help you achieve greater physical, mental and emotional well-being.**

# 5 WAYS TO USE THE EAP

***Confidential Counseling***

You and your family members are eligible for up to XX in person sessions per person, per issue, per year. Counseling is available for issues related (but not limited) to:

* Anxiety
* Depression
* Family conflicts
* Grief and loss
* Stress
* Substance abuse

***Work-Life Support***

Let the EAP do the legwork for you! The EAP can help you find the resources to help you manage your work and home life, including adoption, child care, senior care, pet care, moving and special needs services.

***Legal Advice***

Receive a free session in person or over the phone for a variety of legal issues, as well as referrals and discounts on additional legal services. Turn to the EAP for help preparing a living will, settling divorce/separation, real estate and civil matters, and more.

***Financial Guidance***

Getting your financial house in order can be daunting. Whether you need help drawing up a budget, buying a home, saving for college or planning for retirement, the EAP can help.

***24/7 Resources***

You can access the EAP online 24/7. Search the library of articles on a number of health, financial and legal topics, take quizzes, watch videos, access discounts and more.

# DID YOU KNOW? THE EAP IS…

* **Completely confidential:** *No information you provide will be shared with another party without your written permission, except where required by law.*
* **Free to use:** *Direct consultations with an EAP counselor or specialist is provided at no cost to you. If you are referred to an outside treatment or service, you will be informed of any out-of-pocket costs, some of which may be covered under your health insurance plan.*
* **Available to your family members:** *Your immediate household members also have access to the EAP’s services, and do not need to be covered under your health insurance plan to* be eligible.

# To take advantage of all the EAP has to offer, to [URL] (Company Code: TBD) or call XXX-XXX-XXXX.

**This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.**



LOGO PLACEMENT