

Your EAP

Your **E**mployee **A**ssistance **P**rogram is a **free** and **confidential** benefit available for you, spouse/partner and eligible dependents. The EAP can assist with personal and/or work-related issues that may impact your mental and emotional well-being.



Scope of Benefits

COUNSELING AND MENTAL WELLNESS

Counseling services are provided face-to-face or E-counseling (telehealth video) by licensed therapists. Access your EAP for support with, but not limited to:

- Stress Management
- Depression
- Anxiety
- Grief/Loss
- Relationships/Communication
- Marriage/Family
- Work/Life Balance
- Substance Use
- Anger Management
- Career Development
- Dealing with Trauma
- Child/Adolescent

Counseling Referrals are Private, Free & Confidential

All providers are licensed clinicians in private practice.

PROFESSIONAL LEGAL AND FINANCIAL SERVICES

Assistance provided by professional attorneys:

- 30-minute Telephonic or Face-to-Face Consultation Session
- Free Simple Will
- Review of Legal Document (up to 6 pages)
- Free Letters/Phone Call on Your Behalf
- Immigration Services
- Up to 25% Discount for Additional Services

Assistance provided by professional financial advisors:

- 30-minute Telephonic Consultation with Financial Planner
- Retirement Planning
- Credit Repair
- Debt Consolidation/Management
- Identity Theft Prevention/Solutions
- Up to 15% Discount for Additional Services

ONLINE RESOURCES WORK/LIFE HEALTH AND WELLNESS

Work/Life resources provided by specialist through online form request. Resources available:

- Child Care
- Elder Care
- Adoption Assistance
- School/College Assistance
- Pet Care Services

Health and Wellness resources to help identify healthy lifestyle behaviors using self-help tools offering:

- Wellness Lessons: Eating Healthy, Stressing Less, Walking, Smoking Cessation
- Wellness Webinars Tutorials for Self-Help Healthy Living
- Personal Health Assessments
- Health Library and Articles: Wellness Topics, Health Indicators, Self-Help Health Tips and Much More

To learn more or to access any of the EAP benefits available to you and your family, give us a call or log in to your dedicated member website.

www.4eap.com



1-800-324-4327

Español

1-800-324-2490



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Crisis Counseling

24/7

YOUR EAP IS

FREE

&

CONFIDENTIAL



Interface EAP