



EMPLOYEE ASSISTANCE PROGRAM - EAP

Let's be real: life can be tough. When our responsibilities start to feel overwhelming and handling each day has a mile on our face seem difficult, it's important to reach out for help. You can lean on our free and confidential Employee Assistance Program (EAP) for support.

A free benefit from our workplace, the EAP can help you or an one in your household: Be more present and productive at work.



Search for
EAP
in our app store.



Stress, relationship, work and money. These are the most common reasons people reach out to the EAP employee. But no matter what you're facing, the EAP is the perfect resource for you or your family member too:

M Some stress can be a good thing, but too much can be debilitating and unhealthy. Counseling, assessment, coaching, appraisal, medication practice, online tools and more can help you improve areas that need work.

H Divorce, adoption, losing a loved one, career change and moving can all interfere with your daily life. Counseling, hotlines and online tools, coaching and consultation can help you adjust.

C Mental processing and coping after a traumatic event generally take time and expert care. Counseling, education, therapy and communication can help when a crisis occurs.

Raising kids, living with a hoarder or improving friendships can take guidance and intervention. Counseling, therapy, support groups and advice make this easier. Referrals to credible daycare, assisted living facilities, dog walker, physician, etc. can also help.

F We all experience feeling a lack of productivity and engagement at work some time. Training, advice and communication behavioral strategies can help you become more focused.

L If other people at work, it's likely to handle difficult things like performance issues, troubled employee, HR lawsuit and hard conversations. Dedicated consultants can provide guidance on how to do your job and handle these.

N Handling a landlord, large purchase, estate or even an infraction can be easier with the help of a legal expert and hotlines and online employment options.

M Money worries can be minimized with a comprehensive plan developed with a financial expert to save, reduce debt or afford a life desired.

L Changing behavior of quitting smoking, losing weight, managing diabetes or exercising more can be more manageable when broken into baby steps. Coaching, therapy, counseling and digital tools can help you start living healthier.

Talk to us

800-624-5544