



In challenging times, it can be helpful to talk to someone for support and resources. You and your family members have access to an Employee Assistance Program (EAP) Professional who will listen and provide emotional support and coping tips for personal, family and work issues, at no cost to you.

How It Works

Your first call starts the brief intake process.

An EAP Professional will:

- Confirm your **contact information**
- **Review the confidentiality** guidelines and your EAP+Work/Life benefits
- **Assess for safety concerns**, such as your risk of harm to yourself or others, domestic violence, abuse, drug or alcohol issues
- **Gather information** about your reason for requesting counseling
- Determine **what type of counseling** may work best for you (individual, family or couples)*
- Review what **counseling options** are available
- Help **connect you to the right EAP Professional** for your needs to begin counseling sessions
- If needed, **put you in touch with Work/Life services** for help with financial or legal issues, childcare, eldercare and more

*If you may need a higher level of care than outpatient counseling, we will help you explore options.

We can help with:

- Stress, anxiety, depression
- Family, relationship, and parenting issues
- Financial and job pressures
- Grief, loss and anger
- Substance abuse

...**Plus** we can find local resources for childcare, eldercare and more

Remember, you, your dependents (including children to age 26), and your household members are all eligible for the Health Advocate services.

In a crisis, help is available 24/7.

Turn to us at any time!



HealthAdvocateSM

