

EMPLOYEE ASSISTANCE PROGRAM (EAP)



**Life can be hard.
Getting help shouldn't be.**

Free, Confidential Support for You & Your Family! Available 24/7 to employees, spouses, children, parents & in-laws.

Your Benefits

Up to 5 free counseling sessions per issue, per year

Options: in-person (15+), video, or chat therapy

24/7 immediate support available

Scan Here



or Call
(866) 799-2728



Wellbeing Support

Stress, anxiety, and depression support

Guidance for family issues and relationships

Help with grief, loss, substance misuse

Tools to improve work life balance



Financial Guidance

Budgeting, debt, retirement planning

College funding, mortgages, taxes

Free phone consults with financial experts



Legal Help

Family, civil, or criminal legal support

Divorce, wills, real estate

Mediation & free phone consults with attorneys