

Employee Assistance Program (EAP)

An EAP is a benefit designed to help employees address personal and professional issues affecting their well-being and job performance. EAPs offer confidential counseling services and resources to help employees manage a wide range of issues including:

- Mental health care
- Financial wellness advice
- Legal services
- Marriage counseling
- Counseling for substance abuse
- And more!

Most EAP services are available:



IN-PERSON



OVER THE PHONE



VIRTUAL

EAPs have been shown to improve employee wellness, satisfaction, and productivity by reducing stress and addressing workplace incidents. Ask your employer about what's available through your EAP today!

**MAKE YOUR MENTAL
HEALTH A PRIORITY.**