

EAP COUNSELING

5 Sessions

Confidential

No Cost



Short-term

Counselors provide solution-focused counseling to individuals, couples, families.



Family Members

Coverage is available for employee, spouse/partner and dependents up to the age of 26.



Benefit Year

Use up to 5 sessions per issue, per family, per EAP benefit year.

Reasons to Consider Counseling



Relationship Concerns

Personal and workplace interactions



Stress · Anxiety · Depression

Feeling down, hopeless, overwhelmed, relentless worry



Workplace Stressors

Conflict with co-workers or bosses, job insecurities, role change, burnout, bored or overwhelmed with workload



Phase of Life

Parenthood, divorce, children leaving home, marriage, retirement

CALL YOUR EMPLOYEE ASSISTANCE PROGRAM TODAY

800-324-4327



Substance Use/Addiction

Alcohol, marijuana, opioids, gaming, gambling, pornography



Grief, Loss, Other Concerns

Death of a loved one or coworker, loss of relationship, financial/legal stress, health or medical stress, trauma