

Free Confidential Assistance 24/7



Financial Coaching • Relationship Issues
Stress • Loss & Grief • Elder Care & Child Care
Legal Concerns • Health & Wellness
Training & Personal Development
Substance Abuse

Your EAP can help. Call any time:

800-252-4555 • 800-225-2527

www.theEAP.com





TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

Counseling Help from Your EAP

If you're feeling overwhelmed by events lately, you aren't alone. Times are indeed tough. But remember, help is just a phone call away through your EAP, which has a variety of free, confidential counseling and support services available 24/7/365. Benefits are available to you and all eligible family members.

Get help for:



Stress
Loss & Grief
Money & Debt Problems
Relationship & Family Issues
Elder & Child Care
Legal Issues
Health & Wellness
Substance Abuse

Much More!



- ✓ All EAP counseling services start with a phone call, day or night.
- ✓ Experienced Masters and Ph.D. level clinical counselors provide immediate support.
- ✓ Often, you can resolve your issues just by talking to a counselor, but if not, they will refer you to video counseling or face-to-face counseling with a local counselor for additional help.
- ✓ We've built a referral network of more than 40,000 private practice providers throughout the U.S. and Canada to supplement our own counseling services.

If you prefer, login to explore over 25,000 self-help resources covering virtually any problem or issue that you or your family may face.

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Who is covered by your ESI EAP benefit?

Our EAP extends benefits not only to you, but also to those living in your household. These might include:

- ✓ Children
- ✓ Parents
- ✓ In-laws
- ✓ Cousins
- ✓ Spouses
- ✓ Unmarried partners



Additionally, children living away from home are also covered, up to the age of 26.

With a nationwide network, our EAP supports your child's needs, whether they're attending college or working out of state. Regardless of your enrollment in company health insurance, all employees are covered by the EAP.

Access your benefits

1. Go to **www.theEAP.com** and click the **Member Login** button.
2. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
 - a) Click on **REGISTER**.
 - b) Fill out the Registration Form to create your own User Name and Password, then click **Register**. **You only need to register once.**



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