

Benefits of the EAP

Counseling Services

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss, and more.

You can access a counselor face-to-face, online, by video, or by phone—which ever is most convenient for you. You can receive up to three sessions at no cost.

As with all EAP services, your conversation will be strictly confidential.

Online Resources

Visit the Achieve Solutions website to find articles, videos, calculators and assessments to help you improve your health and manage life events. You can also search for service providers in your area.

Topics include:

- Depression
- Strengthening marriage and relationships
- Stress management
- Anxiety
- Conflict management
- Weight management
- Communication



We help people
live their lives
to the **fullest**
potential.

The EAP is here to help

Life is busy. When you need more resources to manage it all, our Employee Assistance Program (EAP) professionals can help. The EAP provides information, guidance, and support to help you and your family reach your personal and professional goals, manage daily stresses, and develop fulfilling relationships.

You don't have to handle your concerns on your own. It's OK to ask for assistance. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big ones. EAP counselors are available 24 hours a day, seven days a week.

How the EAP Works

- **Access is easy and there's no cost to you.** Whether the issue is large or small, simply go online or call the toll-free phone number on this brochure any time, day or night.
- **Staffed by professionals.** The EAP professionals are highly trained and qualified. The information you receive is accurate, up to date and relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept confidential in accordance with federal and state laws.

Your Employee Assistance Program

Resources, referral and support services:

- Work/life balance
- Healthy living
- Fulfilling relationships
- Resilience
- Achieving personal goals
- Managing life events
- Recovery