

# Employee Assistance Program

FREE & CONFIDENTIAL SERVICES | 24/7 ACCESS

## EAP Assistance Program

The Employee Assistance Program (EAP) provides you, your spouse or domestic partner, and children up to age 26, coaching and problem-solving services that are free, convenient, and confidential with a licensed behavioral health provider.

The EAP helps with a variety of family, relationship, emotional, behavioral, mental health, and substance abuse concerns, including:

- Anxiety/Depression/Other Concerns
- Mental Health Issues
- Couples/Relationships/Parenting
- Crisis Support
- Alcohol/Drug/Other Addictions
- Grief and Loss
- Work Conflict
- Domestic Violence

In addition, we provide the following work-life resources:

- Legal and Financial
- Childcare and Eldercare
- Identity Theft
- Home Ownership



## Assessment & Referral

Through the EAP benefit, you can meet with a licensed behavioral health professional to discuss a variety of concerns, get assistance with stress management and problem solving, and utilized crisis support. Simply call (800) 777-4114 to initiate services. Our customer service representatives will find an EAP provider who meets your specialty preference, takes your insurance (in most cases), is located near your home or work, and is available on your schedule. The provider will call you directly to make an appointment – usually 24-48 hours after you speak with EAP staff. And should you need immediate support, our licensed providers are here for you and your covered family members 24/7 by phone for crisis-management. Our providers include licensed mental health professionals, psychologists, clinical social workers, and marriage and family therapists.

## Confidential Services

We Know that making it possible to consult discreetly with a behavioral health provider is essential, and perhaps the most important role of the EAP. Be assured that information about you and your contact with the EAP is never released without your signed consent (except as required by law to ensure your or others' safety).



## Accessing EAP Resources

Your free and confidential EAP is always available to assist you in managing your life's challenges and goals. You can reach the EAP 24 hours a day, seven days a week, by phone or through the EAP website at [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com).

 **First Choice Health**



[www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)

Username: fps



(800) 777 - 4114