

# Chat + Text with a counselor



## Chat with a licensed counselor

- right away
- in between interruptions
- when you don't have privacy to talk on the phone
- if you need encouragement or guidance
- when you have questions about the EAP, your situation or how you are feeling
- if you wonder if what you are feeling is normal
- even if you're not sure what you need
- any time between 9AM - 5PM central time, Monday-Friday
- for immediate support 24/7, call (800) 356-0845



COVID-19 has made life more complicated.  
Privacy and time may be limited.  
Change is a certainty.

## Let's talk.



How do I access live chat?

Go to  
<https://www.paseap.com>



Can I text from my phone?

Yes! Text to 314-451-5727

