



Your Employee Assistance Program (EAP) A good resource for mental health support

The EAP can support you in so many ways, especially with your mental health. Access the EAP for **free sessions per issue** (e.g., stress, depression) with licensed clinicians through:

Virtual Counseling



In-person Counseling



You'll get real solutions for a range of different issues, including emotional health, stress management, as well as grief and loss. Services for all of these concerns — and more — are confidential and available to you and your family.

**Your Employee Assistance Program is a
free and confidential benefit.**

Call Your EAP Today For More Information

800-324-4327

4eap.com



 **Interface
Behavioral
Health**

**Crisis
Counselors
24/7**