

Confidential Help for Life's Challenges



Preferred EAP
is a **FREE** service
provided by
your employer to
employees.*

Individual, couples, and family counseling

We all need help at times to overcome the ups and downs of life. Our team of licensed, professional counselors is here for you and ready to assist with personal or work-related concerns. We offer:



Critical incident debriefing for individuals or groups impacted by adverse events



Consultation and coaching to managers and employees for business and personal matters



Confidential services that are easy to access when you need them

**Services may also be available to eligible dependents.
Please contact your human resources department for details.*

We're here to help you with:

- Stress
- Anxiety
- Depression
- Marital, couple, or family relationships
- Grief and loss
- Coping with change
- Resolving conflicts
- Work-related concerns
- Substance abuse

Our services are:

- 1 Confidential.** No information is released to anyone without your consent.
- 2 Professional.** All counselors are masters-level, licensed, with years of experience.
- 3 Free.** Your employer covers the cost of our services.
- 4 Easy to access.** You can schedule an appointment with one phone call.
- 5 Always available.** Our counselors are available 24/7 for crisis situations.

CONTACT PREFERRED EAP TODAY

1728 W. Jonathan St.,
Suite 200
Allentown, PA 18104

610-433-8550

800-327-8878

Express Consult:
(no appointment needed)
weekdays noon to 1 p.m.

[Populytics.com/eap](https://www.populytics.com/eap)