

# Free Confidential Help for Your Mental Health is Available



Many free, valuable, and confidential services and resources are included in the **Georgia Public Education Employee Assistance Program (EAP)**, all of which are focused on building and maintaining your mental and emotional wellbeing. The EAP is available to ALL public-school, PreK-12 teachers and K-12 employees who work at least 29 hours a week.

## Services and Resources

- Up to four free counseling sessions per issue, per year with a licensed counselor
- Free 30-minute consult with an experienced attorney; reduced fees for additional time and services
- Free 30-minute consult with a financial professional; reduced fees for additional time and services
- Referrals to available care and resources for your loved ones
- Assistance finding services for such daily life issues as home repairs, moving, pet care and travel planning

## Important Facts to Know

- A master-level clinician is always available to help
- Assistance is offered 24 hours a day 7 days a week 365 days a year
- Household members and dependents up the age of 26 are eligible for ALL services
- EAP is provided as a partnership with Georgia Department of Education and Acentra Health, formerly Kepro



## How to Contact

- Call **866.279.5177** for services, referrals and questions
- Informative interactive website at [www.eaphelplink.com](http://www.eaphelplink.com) code: GaDOE