

# Employee Assistance Program

**IMMEDIATE, PERSONALIZED GRIEF & MENTAL HEALTH SUPPORT  
TO YOUR PHONE. ALL YEAR LONG.**

**Help Texts is a discreet, easy way to receive expert support, straight to your phone. Personalized support is available for:**

- Facing burnout & fatigue as a healthcare worker
- Grieving the death of a loved one
- Grieving a pregnancy loss
- Grieving the death of a pet
- Caring for someone with a terminal diagnosis
- Looking for support for health and wellness



## FAQ

- **How do I sign up for text support?** You can self-refer through our direct link: <https://helptexts.com/fchn>. You may also call the EAP at (800) 777-4114 or request a referral at [www.firstchoiceEAP.com](http://www.firstchoiceEAP.com).
- **Does text support really work?** Yes! People are often surprised to see how well text support can work. Help Texts has an impressive 95% acceptability rate and 90% 6-month retention rate - far higher than apps.
- **Will my information be kept private?** Absolutely. Help Texts adheres to strict privacy and security guidelines. Your data will not be shared with any 3rd parties.
- **Can I get texts in Spanish?** Yes, Help Texts is available in 20 languages including Spanish.
- **Who writes the texts?** Help Texts works with a community of world-leading experts. Every text is evidence-informed and rooted in current research and theory.
- **Is there a waitlist?** No. It takes less than 5 minutes to sign up and your first text will arrive right away.
- **Does everyone get the same texts?** No, every subscriber has a different experience with Help Texts, with messages selected based on age, diagnosis, cause of death, relationship, workplace setting, and more.
- **How often will I receive texts?** Texts are sent twice a week, with extra texts in the first few weeks and on significant dates.
- **Is it easy to opt out?** You can text STOP anytime you'd like to stop your texts, and START if you'd like to re-start.
- **Is this therapy?** This is a one-way service vs two-way therapy. However, mental health professionals read all inbound texts and will respond to technical questions or if someone is in crisis.

help TEXTS



First Choice Health.