



Personal Assistance Services

How to access your Employee Assistance Program

PAS is a prepaid wellbeing benefit offered by your employer for you and your eligible dependents. All services are confidential, HIPAA compliant, and easily accessible. PAS is a Life Event company, providing resources for you and your family through all the stages of your life.

- Short-term, solution-focused counseling; in-person or televideo. Also available through our partnership with Betterhelp
- Coaching and consulting services for wellbeing and life transitions
- Digital engagement, wellbeing apps, personalized benefit portal
- Online resources, articles, assessments, self-help videos

We are easy to reach and offer a variety of access options



Call **PAS 24/7** for access to a counselor at [\(800\) 356-0845](tel:8003560845)



Email client.services@paseap.com for a response in one business day



Live Chat:
www.paseap.com
M-F 9am - 5pm CT
Button on bottom right of screen



Text **314-451-5727** to connect with a PAS counselor
M-F 9am - 5pm CT



With your personal account on mypaseap.com, you can schedule a 30-minute online, non-urgent, initial consultation with a PAS counselor. Click the **Connect with PAS** link or the **Schedule Online** icon on the Quick Connect dashboard.



Scan the code to download the **myPASapp**. Use the same email and password you used on mypaseap.com or to create an account, enter your Org Code and then your email and a password. If you need your Org Code, email client.services@paseap.com and tell us the name of your employer.