Welcome to your Employee Assistance Program (EAP)

We're here to coach and guide you through the challenges in your life.

Call your EAP–we can help!

Your company's complimentary EAP program is available 24/7 and covers employees, spouses, domestic partners, and children up to age 26. The EAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The EAP offers up to **4 sessions face-to-face or telehealth** (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. 30-minute legal and financial expert consultations and 60-minute ID theft resolutions are available at no cost. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

Simply call us at **(800) 777-4114** or visit **www.FirstChoiceEAP.com** to request an appointment.

Free / Confidential / Available 24/7

Our Services Include Support for:

- Anxiety and Depression
- Couples/Relationship/ Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence Issues
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- BenefitHub
- Healthy Living Tips

Online Tools & Resources

Login at:

www.FirstChoiceEAP.com

Username: svsd

Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.

First Choice Health®

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