

# In The Moment (ITM) Support

Taking care of yourself can be challenging. Your Employee Assistance Program (EAP) provides you with access to licensed clinicians who are available to listen and talk with you about any issue you may be facing. 10 minutes, 15 minutes, whatever time you have, call the EAP for brief in-the-moment support.



## When you call the EAP:

1. You will be connected to a Client Relations Specialist (CSR)
2. The CSR will help you arrange ongoing support and can connect you with a Licensed Clinician for in-the-moment (ITM) support, if requested
3. If you elect ITM support, you will be immediately transferred to a Licensed Clinician



### PROGRAM COST

This is a FREE benefit provided and paid for by your employer at no cost to you.



### CONFIDENTIALITY

The EAP is confidential. We follow all federal and state privacy laws.



### AVAILABLE 24/7

Services are available 24 hours a day, 7 days a week.