A helping hand when you need it.

Rely on the support, guidance and resources of your Employee Assistance Program.

There are times in life when you might need a little help coping or figuring out what to do. Take advantage of the Employee Assistance Program,[1] which includes WorkLife Services and is available to you and your family in connection with your group insurance from Standard Insurance Company (The Standard). It's confidential — information will be released only with your permission or as required by law.

Connection to Resources, Support and Guidance

You, your dependents (including children to age 26)[2] and all household members can contact the program's master's-level counselors 24/7. Reach out through the mobile EAP app or by phone, online, live chat, and email. You can get referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to six counseling sessions per issue. Sessions can be done in person, on the phone or through video.

EAP services can help with:

- Depression, grief, loss and emotional well-being
- Family, marital and other relationship issues
- Life improvement and goal-setting
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution
- Online will preparation and other legal documents

Contact **EAP**

877.851.1631
(TTY Services: 711)
24 hours a day,
seven days a week

healthadvocate.com/standard6

Registration Client Code:
LERK9BR

NOTE: It's a violation of your company's contract to share this information with individuals who are not eligible for this service.

With EAP, personal assistance is immediate, confidential and available when you need it.

WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, daily living and care for your pet, child or elderly loved one.

Online Resources

Visit **healthadvocate.com/standard6** to explore a wealth of information online, including videos, guides, articles, webinars, resources, self-assessments and calculators.

1 The EAP service is provided through an arrangement with Health Advocate℠, which is not affiliated with The Standard. Health Advocate℠ is solely responsible for providing and administering the included service. EAP is not an insurance product and is provided to groups of 10–2,499 lives. This service is only available while insured under The Standard's group policy.

2 Individual EAP counseling sessions are available to eligible participants 16 years and older; family sessions are available for eligible members 12 years and older, and their parent or guardian. Children under the age of 12 will not receive individual counseling sessions.

Standard Insurance Company | 1100 SW Sixth Avenue, Portland, OR 97204 | **standard.com**

The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of Portland, Oregon in all states except New York. Product features and availability vary by state and are solely the responsibility of Standard Insurance Company.

Standard Insurance Company
6 Session Employee Assistance Program

EMPLOYEE FORMS	URL LINK
EAP Alcohol Awareness Assessment Employee Flyer	https://www.standard.com/eforms/22284.pdf
EAP Childcare Support Employee Flyer – 6 Sessions	https://www.standard.com/eforms/22804.pdf
EAP Coping with Suicide Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17299.pdf
EAP Counseling Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22288.pdf
EAP Disaster Recovery Employee Guide	https://www.standard.com/eforms/22280.pdf
EAP Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17200.pdf
EAP Family Planning Employee Flyer – 6 Sessions	https://www.standard.com/eforms/23056.pdf
EAP Financial Wellness Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17284.pdf
EAP Financial, Legal and ID Theft Recovery Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22294.pdf
EAP First Responders Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22292.pdf
EAP Improve Your Odds of Quitting Tobacco 6 Sessions Employee Facing	https://www.standard.com/eforms/22980.pdf
EAP Life Span Employee Booklet - 6 Sessions	https://www.standard.com/eforms/22330.pdf
EAP LGBTQAI+ Support and Inclusive Workplace Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22959.pdf
EAP Managing Caregiver Stress Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17292.pdf
EAP Mental Health Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22298.pdf
EAP Mobile App Employee Flyer - 6 Sessions	https://www.standard.com/eforms/19313.pdf
EAP Online Will and Legal Form Prep Employee Flyer - 6 Sessions	https://www.standard.com/eforms/19158.pdf
EAP Opioid Abuse Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22322.pdf
EAP Perks at Work Employee Flyer – 6 Sessions	https://www.standard.com/eforms/22533.pdf
EAP Program Employee Guide - 6 Sessions	https://www.standard.com/eforms/22193.pdf
EAP Stress Management Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17293.pdf
EAP Substance Abuse Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22306.pdf
EAP Teens and Money Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22310.pdf
EAP Tips to Break Down Your Bias Employee Flyer -6 Sessions	https://www.standard.com/eforms/22961.pdf
EAP Tips to Embrace Diversity Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22963.pdf
EAP Tips to Stay Strong Through Stress Employee Flyer - 6 Sessions	http://www.standard.com/eforms/22989.pdf

EAP Video Counseling Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22326.pdf
EAP Workplace Respect Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22965.pdf
How EAP Can Help Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22318.pdf
EMPLOYER FORMS	**URL LINKS**
EAP Activity Guide – 6 Sessions	https://www.standard.com/eforms/22754.pdf
EAP Resource Catalog	https://www.standard.com/eforms/22624.pdf
EAP Benefit and Enrollment Fair Employee Poster - 6 Sessions	https://www.standard.com/eforms/20233.pdf
EAP Employer Call Infographic	https://www.standard.com/eforms/22282.pdf
EAP Management Crisis Support Employer Flyer - 6 Sessions	https://www.standard.com/eforms/17206.pdf
EAP Services Overview Employer Flyer	https://www.standard.com/eforms/17207.pdf
EAP Substance Abuse Employer Flyer - 6 Sessions	https://www.standard.com/eforms/22302.pdf
EAP Workplace Violence Employer Flyer - 6 Sessions	https://www.standard.com/eforms/22314.pdf
EMPLOYEE/EMPLOYER FORMS IN SPANISH	**URL LINKS**
EAP Benefit and Enrollment Fair Employee Poster - 6 Sessions	https://www.standard.com/eforms/20233spu.pdf
EAP Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17200spu.pdf
EAP Alcohol Awareness Assessment Employee Flyer	https://www.standard.com/eforms/22284spu.pdf
EAP Coping with Suicide Employee Flyer- 6 Sessions	https://www.standard.com/eforms/17299spu.pdf
EAP Counseling Employee- 6 Sessions	https://www.standard.com/eforms/22288spu.pdf
EAP Disaster Recovery Employee Guide	https://www.standard.com/eforms/22280spu.pdf
EAP Financial Wellness Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17284spu.pdf
EAP First Responders Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22292spu.pdf
How EAP Can Help Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22318spu.pdf
EAP Legal-Financial-ID Recovery Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22294spu.pdf
EAP Life Span Employee Booklet - 6 Sessions	https://www.standard.com/eforms/22330spu.pdf
EAP Managing Caregiver Stress Employee -6 Sessions	https://www.standard.com/eforms/17292spu.pdf
EAP Mental Health Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22298spu.pdf
EAP Mobile App Employee Flyer - 6 Sessions	https://www.standard.com/eforms/19313spu.pdf
EAP Online Will and Legal Form Prep Employee Flyer - 6 Sessions	https://www.standard.com/eforms/19158spu.pdf
EAP Opioid Abuse Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22322spu.pdf
EAP Stress Management Employee Flyer - 6 Sessions	https://www.standard.com/eforms/17293spu.pdf
EAP Substance Abuse Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22306spu.pdf
EAP Teens and Money Employee Flyer- 6 Sessions	https://www.standard.com/eforms/22310spu.pdf

EAP Video Counseling Employee Flyer - 6 Sessions	https://www.standard.com/eforms/22326spu.pdf

The EAP service is provided through an arrangement with Health Advocate℠, which is not affiliated with The Standard, to groups of 10 – 2,499 covered employees. This service is only available while insured under The Standard's Long Term Disability (LTD) policy. The Standard may change providers or terminate service at any time. Health Advocate is solely responsible for providing and administering the service.

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