



800.442.0809

(press 1 and follow the prompts)

Please remember to say, "I have a SAP with... (name of school)"

Your SAP Benefits Include

- 5 sessions of free, confidential counseling per episode of care
- In-the-moment support available 24/7
- Free consultations
- Personal Advantage online wellness library
- LMCU+ online financial wellness resources
- All benefits available to every member of the household



Benefit Line
800.442.0809

What if I Need Immediate Support?

If you or a loved one are in crisis or experiencing suicidal thoughts, please visit a hospital ER or Pine Rest Psychiatric Urgent Care Center.*

Access in-the-moment support by calling 800.442.0809 (press 1 and follow the prompts).

**ER and Psychiatric Urgent Care are not included in the SAP benefits.*



Online Scheduling
pinerest.org/scheduling

SAP Contact Info

800.442.0809 (press 1 and follow the prompts)
eap@pinerest.org

Confidential Counseling Services

How do I schedule my free counseling sessions?

Call 800.442.0809, press 1 and follow the prompts or schedule online at pinerest.org/scheduling.

What is an episode of care?

An episode of care begins with your first visit and doesn't end until you have left treatment and your case is closed. An episode of care may include addressing multiple issues.

Will my school be notified?

All SAP services are 100% confidential.

Are my family members eligible for SAP benefits?

Every member of your household is eligible including dependents who are away at school.

Free Online Resources

Personal Advantage is an online library with thousands of resources related to health and wellness, financial and legal issues and more. This library includes articles, videos, webinars, calculators, locators, assessments and trainings.



pinerest.org/PAL
My Company Username is: _____

LMCU+ brings you personalized financial solutions designed for your unique financial life. Financial wellness courses and interactive tools help build confidence from creating a budget to calculating a mortgage payment.



LMCU+
go.lmcu.org/lmcu-plus/pine-rest-eap

Free Consultations

Elder Care Consultation with an elder care specialist from Pine Rest that includes an assessment of needs, education, and resources for housing, care and support groups.

Legal Consultation with a licensed attorney for a free 30-minute consultation on any legal matter.

Financial Consultation with a finance expert from Lake Michigan Credit Union to discuss any financial matter via telephone, video call or in-person at a LMCU location.

Infant Feeding Support Consultation with a board-certified lactation consultant to discuss prenatal, postnatal, return-to-work, breastfeeding, or bottle feeding concerns.

Real Estate Consultation with a licensed realtor to discuss any real estate related questions, receive a home valuation, and property availability search.

How to Access Your Free Consultations

Option 1: Call 800.442.0809, press 1 and follow the prompts to select your free consultation.

Option 2: Scan the QR code to email your request. Please identify the type of consultation requested.

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Scan the QR code to
email your request for a
free consultation.