

Banding Together with Your EAP

Count on us as part of your formal support system.

Your Support System

When we think about a support system, we usually think about friends, family and others in our personal life. However, more formal supports can also be included in our network. Doctors, coaches and other professionals can also be counted on for support, information and direction. These more formal supports offer a different kind of care than what your informal system does but their assistance can be just as valuable.

Your Employee Assistance Program (EAP) can be part of your formal support system.

Counseling Services

Available face-to-face, telephonically and through a video call. EAP counseling offers support and guidance for you and your family as you face life challenges.

Coaching

Designed to focus on your strengths and help you reach your personal and professional goals. Coaching is different from counseling services.

Consultations

A way for you to talk to a professional about a specific topic to get advice, information or just have someone listen to your concerns.

Online

Web-based care is offered for a number of challenges including depression, insomnia, substance abuse and more. EAP4YOU.com offers a wealth of information, tools and resources 24/7.

Your Employee Assistance Program is here for you around the clock. Reach out to us 24 hours a day, 7 days a week. Our website offers a wealth of information, tools and resources that you can access any time and feel free to give us a call at 800-327-4968 (800-EAP-4YOU) or TTY: 877-492-7341.