



# Counseling Help When & How You Need It

*Your EAP makes it convenient to connect with therapists!*

## Feeling overwhelmed?

You aren't alone, times are tough! But help is just a phone call away through your EAP. You and eligible family members can choose from a variety of free, confidential counseling and support options 24/7/365.

## Get help for:

- ✓ Stress
- ✓ Loss & Grief
- ✓ Budgeting & Saving Issues
- ✓ Relationship Issues
- ✓ Elder & Child Care
- ✓ Legal Issues
- ✓ Health & Wellness
- ✓ Substance Abuse
- ✓ Parenting Issues
- ✓ Depression & Anxiety
- ✓ Personal Development
- ✓ *Much More!*

Access therapy in the style that best fits your life. All EAP counseling services start with a phone call, day or night. Whatever style you prefer, all counseling is provided by Masters- and Ph.D.-level licensed therapists.

## Options include:

- An in-the-moment helpline answered by ESI EAP's highly experienced counselors 24/7/365.
- A network of more than 40,000 counselors for ongoing in-person or telephonic sessions through the US and Canada.
- Telehealth services for video, telephonic, and text counseling.
- Telephonic one-to-one Coaching programs for stress, debt, and more.
- 25,000+ Self-Help Resources at [www.HealthCareEAP.com](http://www.HealthCareEAP.com) covering virtually any problem or issue you or your family may face.



**Your EAP can help  
- call any time:**



Scan now to explore  
your EAP benefits!



800.252.4555  
[HealthCareEAP.com](http://HealthCareEAP.com)