



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:

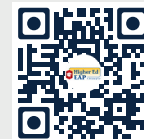
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|-----------------------------|------------------------|
| ✓ Stress | ✓ Health & Wellness |
| ✓ Loss & Grief | ✓ Substance Abuse |
| ✓ Budgeting & Saving Issues | ✓ Parenting Issues |
| ✓ Relationship Issues | ✓ Depression & Anxiety |
| ✓ Elder & Child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

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.
- An extensive network of 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.
- Thousands of Self-Help Resources at www.HigherEdEAP.com covering virtually any problem or issue you or your family may face.

Your EAP can help - call any time:



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your EAP benefits!



800.252.4555
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