



EAP Plus with Self-Guided Courses

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

We Are Here to Help

Employee Assistance Program (EAP) benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team, or accessing online.

EAP Services for Employees & Families

Confidential Therapy

Free, short-term therapy sessions for relationship and family issues, stress, anxiety, and other common challenges. Sessions are available face-to-face, video or telephonic.

24-hour Crisis Help

Toll-free access for you or a family member experiencing a crisis.

Online Peer Support Groups

Free sessions of online support groups per 12 months for addiction recovery, anxiety, depression, frontline workers, grief and loss, parenting, and more.