When life feels challenging, get caring and confidential help

Your Employee Assistance Program (EAP) offers access to personalized support, resources and no-cost referrals. It’s confidential one-on-one help from a master’s-level specialist.

No-cost, 24/7 access to support in the moments that matter

EAP helps you and your family with:
• Managing stress, anxiety and depression
• Improving relationships at home or work
• Legal and financial concerns
• Occupational stress and burnout
• Addressing substance use issues

Call EAP 24/7 at 1-888-887-4114
• 3 free counseling sessions per incident, per year
• Confidential and private; services will not be shared with your employer

Scan for more info
Use your phone’s camera to scan this code and learn more.