

Employee Assistance Program (EAP)

We're here when you need us most



Life can be complicated, and juggling work and life responsibilities can be stressful. Your employer has partnered with Health Advocate to offer you compassionate, personalized support to find balance and gain control during life's challenges, **all at no cost to you!**

Discover the emotional support that fits you best:

Phone | Virtual | In-Person | Self-Guided

Your Employee Assistance Program (EAP) offers confidential counseling support from an EAP Professional to help you work through issues impacting your life and well-being.



- Stress, anxiety, depression
- Family, relationship, and parenting issues
- Financial and job pressures
- Grief, loss, and anger
- Substance abuse

Your EAP also provides a wide range of life and work services

Life & Work services

Locate help for childcare, eldercare, relocation, special needs programs, and more.

Financial guidance

Connect with a financial professional by phone on matters including budgeting, debt, and retirement planning.

Legal assistance

Connect with an attorney for legal advice on family law, wills, estate planning, and more.

Online resources

Explore webinars, courses, and articles on mental and emotional health, and access online legal and financial tools.

Health Advocate is completely confidential and available to you, your spouse/partner, dependents, parents, and parents-in-law. **In a crisis, help is available 24/7.**



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Call • Email • Message • Live Chat



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