



EAP

Getting Started with Your Employee Assistance Program (EAP) through Wellness Coach

How It Works:

Your Employee Assistance Program (EAP) provides you 24/7 confidential support to help you navigate life's challenges.

When you reach out, you'll connect with an intake counselor who will listen, assess your needs, and guide you to the right support, whether that's immediate help, a referral to a specialist, or ongoing counseling.

Talk to an expert about:

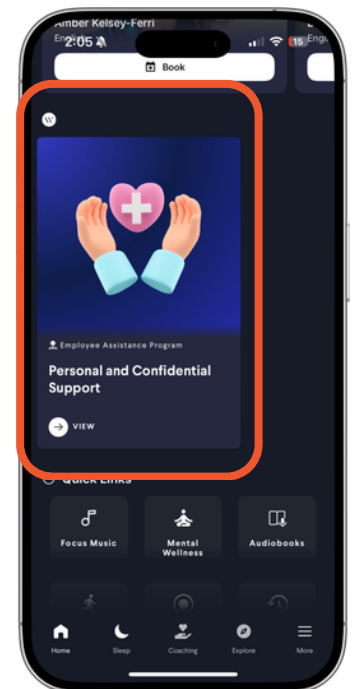
-  Therapy & Counseling
-  Family Care Support
-  Financial Educational Resources
-  Work & Relationship Support
-  Emotional Support and more...

[Click to learn more](#)

Support is available through several options:

- **Call (Toll-Free):** Speak with an intake counselor right away.
- **Call (Charges Apply):** Use this option if you're calling from a different country or location than where you live.
- **Meet Face-to-Face:** Connect with an intake counselor through a secure video session.
- **Chat:** Message directly with a counselor for real-time support.
- **Schedule an Intake Appointment:** If your situation can wait, choose a convenient time to meet with an intake counselor.

**You'll need to download the Balancy app for this option. [Learn more here.](#)*



**SCAN
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TO DOWNLOAD
WELLNESS COACH

