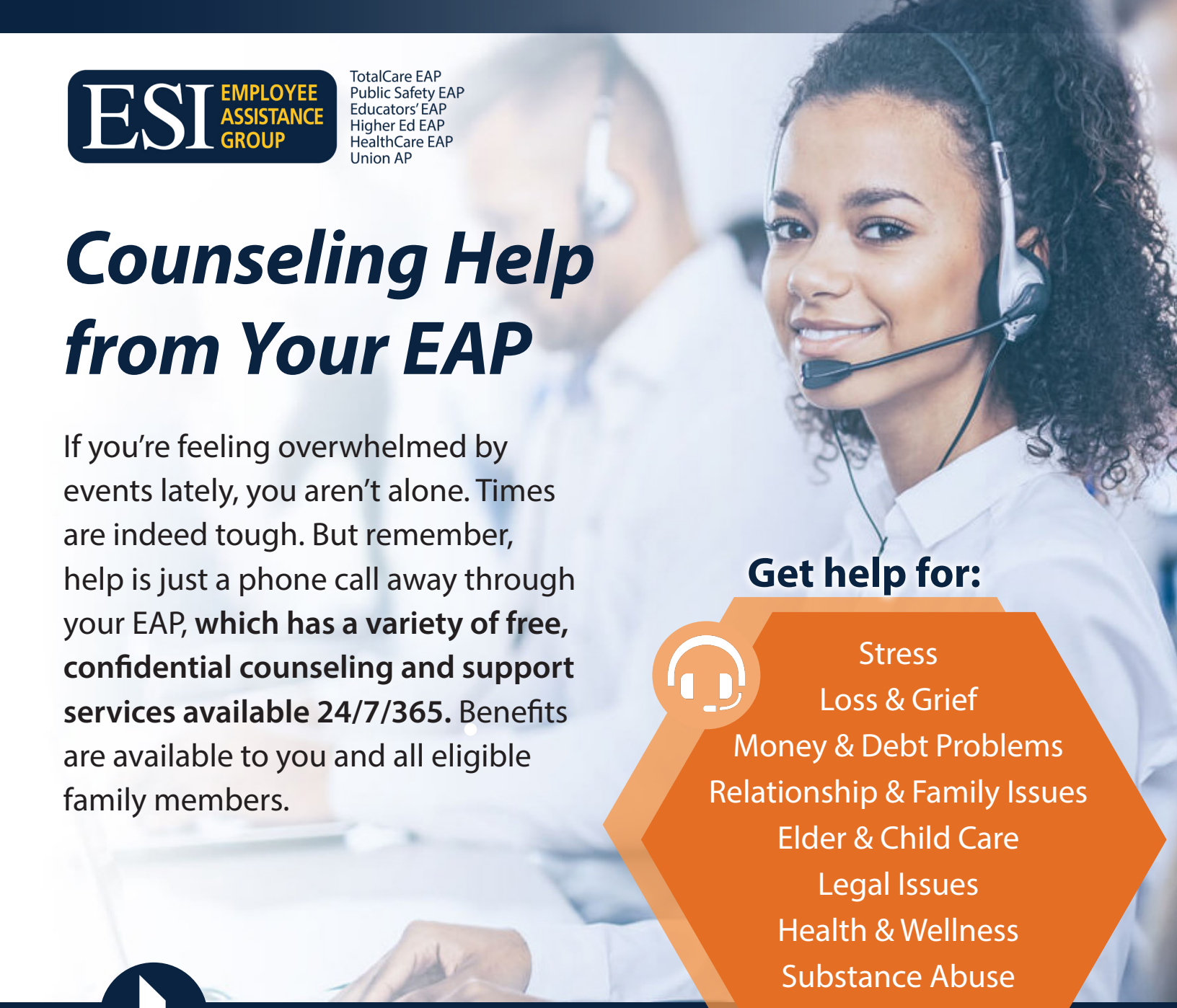
ESI EMPLOYEE ASSISTANCE GROUP

TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

Counseling Help from Your EAP



If you're feeling overwhelmed by events lately, you aren't alone. Times are indeed tough. But remember, help is just a phone call away through your EAP, **which has a variety of free, confidential counseling and support services available 24/7/365.** Benefits are available to you and all eligible family members.

Get help for:

- Stress
- Loss & Grief
- Money & Debt Problems
- Relationship & Family Issues
- Elder & Child Care
- Legal Issues
- Health & Wellness
- Substance Abuse
- ***Much More!***

- All EAP counseling services start with a phone call, day or night.
- Experienced Masters and Ph.D. level clinical counselors provide immediate support.
- Often, you can resolve your issues just by talking to a counselor, but if not, they will refer you to video counseling or face-to-face counseling with a local counselor for additional help.
- We've built a referral network of more than 40,000 private practice providers throughout the U.S. and Canada to supplement our own counseling services.

If you prefer, login to explore over 25,000 self-help resources covering virtually any problem or issue that you or your family may face.

Your EAP can help - call any time: 800.252.4555 | www.theEAP.com