

Counseling Help from Your EAP

*Feeling depressed, overwhelmed,
anxious, or stressed?*

Your mental health is a top priority! Get quick access to a variety of free, confidential counseling and support services 24/7/365 through your EAP. Benefits are available to you and all eligible family members.



EAP counseling services start with a phone call, day or night.



Experienced Masters and Ph.D. level counselors provide immediate support.



Often, you can resolve your issues just by talking to a counselor, but if not, they will refer you to text, voice, or video messaging, chat telehealth, or face-to-face counseling for additional help.



Talkspace Go App, self-guided digital tools to improve mental health, including new self-guided interactive courses, and counselor-led classes monthly.

Get Help For:

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

Log in to explore thousands of 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.HigherEdEAP.com