

Employee Assistance Program (EAP)

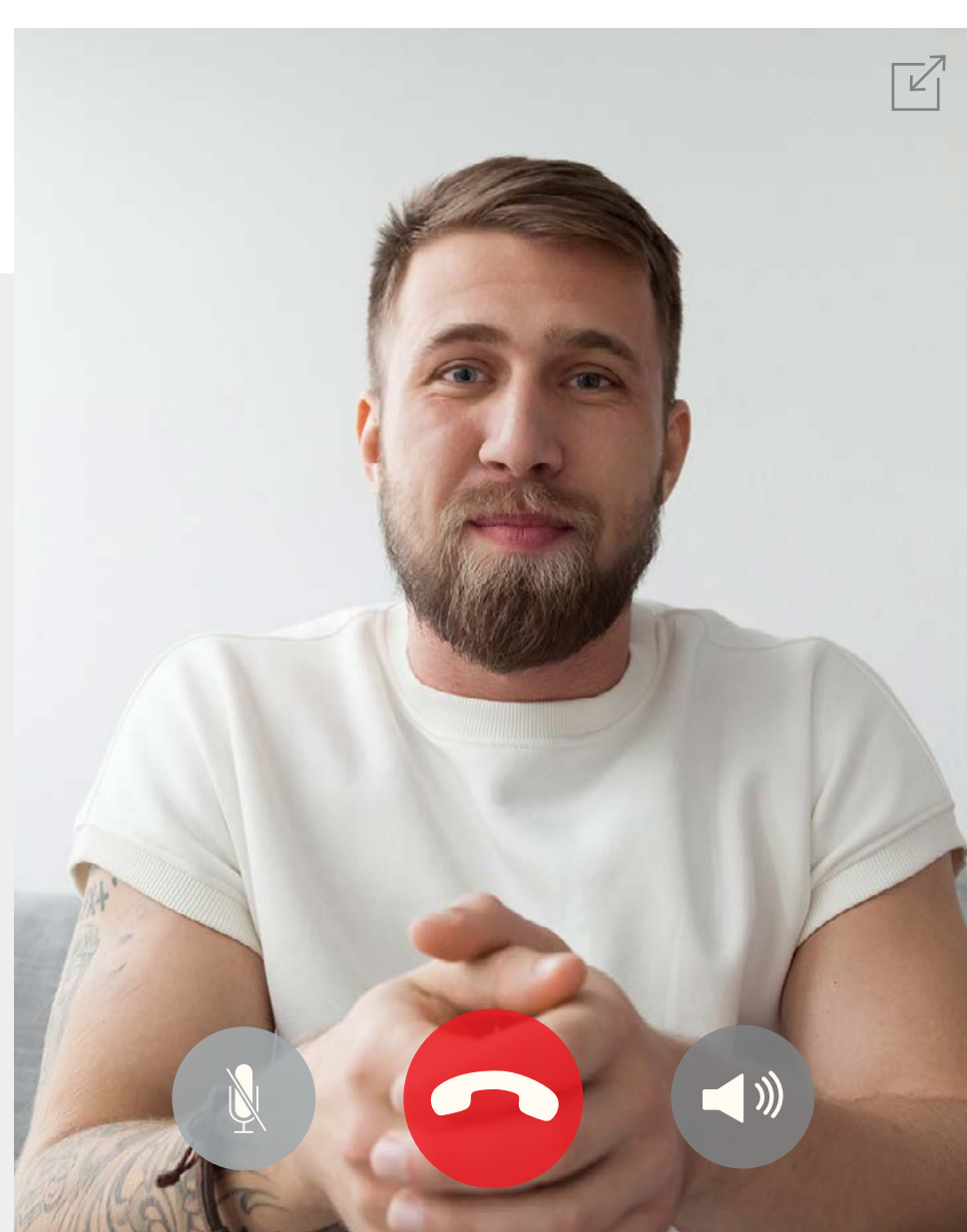
Helping you thrive

Managing your wellbeing

Life is busy. When you need more resources to manage it all or to manage an issue, we have professionals that can help.

Your **Employee Assistance Program (EAP)** benefit offers information, guidance, and support to help you and your family reach your personal and professional goals. It is part of the benefits offered by your employer, and is available at no cost to you.

Choose how you want support



Video



Phone



In-person

How it works

Go online or call the toll-free number below any time. Professional counselors are available to help identify your issue and guide you to the appropriate support.

Counseling services

Talk with a licensed counselor for support with concerns such as managing stress, strengthening relationships, work/life balance, and grief and loss.

Legal and financial services

Talk to a financial or legal expert for consultations and discounts on services provided for divorce, real estate concerns, debt management, and budgeting.

Work/life services

Obtain professional resource and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance and repair, and daily living resources.

Online resources

You can find information to help improve your health, manage life events, as well as search for providers in your area.

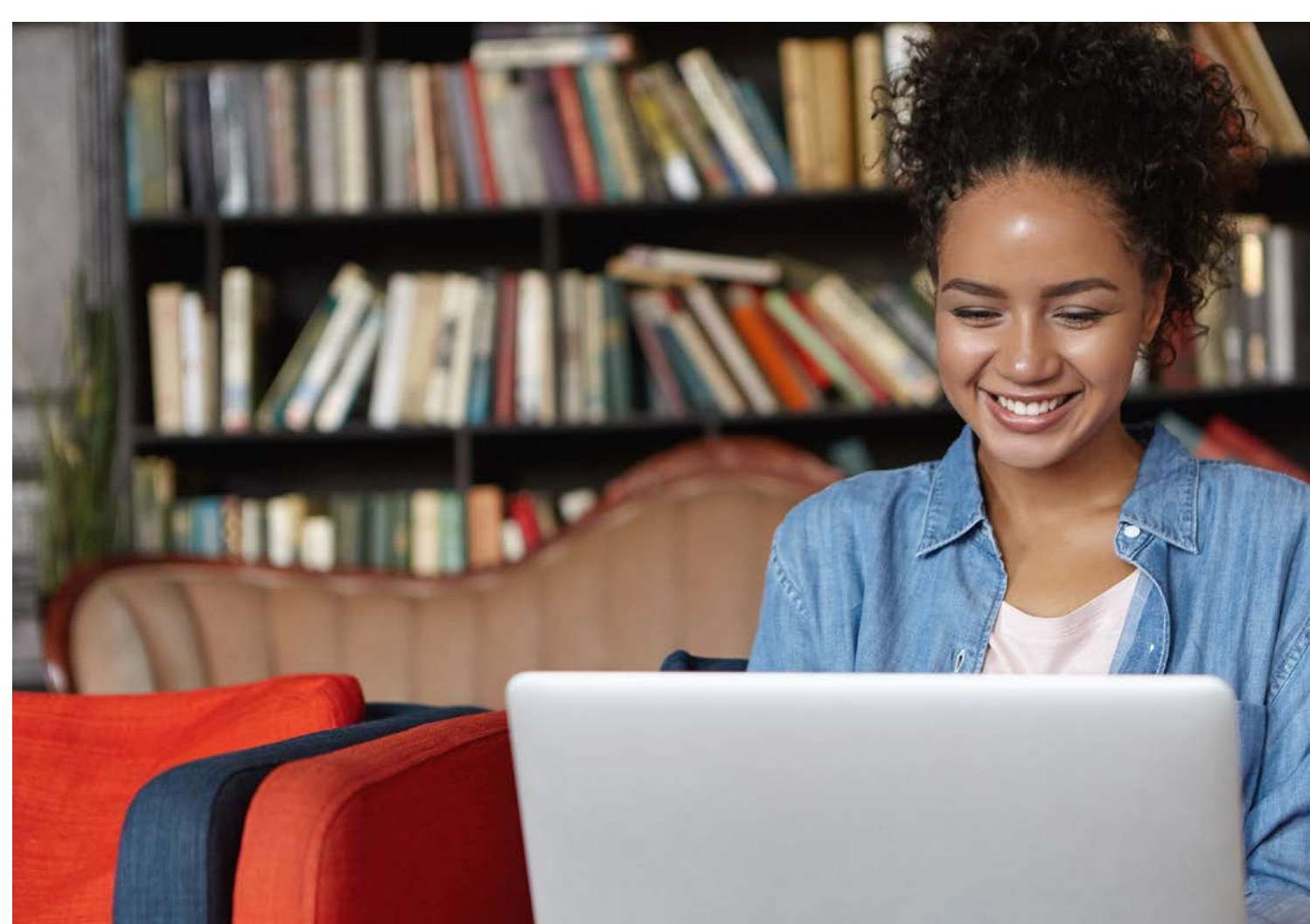
Telehealth counseling

When you need someone to talk to, but find in-person visits don't work for you, schedule a video or telephonic session with a licensed counselor. Choose from a network of caring clinicians about concerns such as:

- Adolescent issues
- Anxiety
- Child issues
- Depression
- Grief and loss
- LGBTQ support
- Life changes
- Marriage issues
- Parenting issues
- Relationship issues
- Stress
- Workplace issues

Convenient for you

- Secure, private video sessions with licensed counselors in the comfort of your own home
- Schedule sessions during times that work for your schedule, even evenings and weekends




SERVICES INCLUDE:

5

no-cost sessions as defined by your benefit.

Contact us

 877-233-0976

 achievesolutions.net/jhp

Privacy is a priority

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).