

EAP Counseling

Step-by-Step Access Guide

Getting help is easy!



1

All EAP counseling services start with a phone call or a [digital intake](#). Calls are answered by experienced Masters and Ph.D. level counselors, who provide immediate support.

[Digital Intake Form](#)
or call 1.800.252.4555

2

Often, you can get the support you need to resolve your issues just by calling and talking with one of our counselors through the EAP's 24/7 telephonic support.

3

Members seeking ongoing counseling services may choose: text, voice, or video messaging, chat, telehealth, or face-to-face counseling. These options are available with local in-person counselors, and through our partnerships with **BetterHelp**, and **Talkspace**.

Please note: These options require prior EAP authorization. Without EAP authorization you will be responsible for costs.

4

In addition to follow-up counseling, the **Talkspace Go App** offers self-guided digital tools to improve mental health, including new self-guided interactive courses, and counselor led classes monthly.

Organization Code:
[ESIEAP](#)



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: 1.800.252.4555 | www.TotalCareEAP.com