



Dear Employee & Family Members:

We are pleased to announce an upgrade in your benefit package: **ESI's Employee Assistance Program** -- or EAP, for short.

This free benefit offers you and your family a wide variety of tools and services to help with life issues or problems that might affect your daily life at work or at home. It also includes training and other resources for your personal growth and development.

[Watch the Video!](#)

Or, [click here](#) to view a flyer that highlights the services and benefits available through the EAP.

Here's a sampling of issues that your EAP addresses:

- Marriage & Relationships ▪ Stress ▪ Legal Problems ▪ Debt ▪ Child Care ▪ Elder Care
- Grief ▪ Pet Problems ▪ Education Planning ▪ Parenting ▪ Depression ▪ Anxiety ▪ Wills
- Smoking Cessation ▪ Wellness ▪ Substance Misuse ▪ Mental Health ▪ Divorce

Your EAP offers access to Masters-and PhD-level experienced counselors. Counseling alternatives include in-the-moment telephonic support, text, voice, or video messaging, telehealth, and in-person counseling. You also have access to the [Talkspace Go App](#) for self-guided, interactive courses and much more.

Your EAP also offers thousands of personal and professional development opportunities, from webinars and online trainings to one-on-one telephonic coaching in the following areas:

- Certified Financial Coaching ▪ Balancing Life at Work & Home ▪ Resilience ▪ Effective Communication
- Home Purchasing ▪ Student Debt ▪ Relaxation Coaching for Beginners ▪ Workplace Conflict
- Practical Aspects of Retirement ▪ Wellness Coaching for weight loss, fitness and tobacco cessation
- Succeeding as a Supervisor

There are many more benefits, so we encourage you to explore them and share them with your household. To access your EAP, simply call the **toll-free number 1-800-252-4555** to talk with a counselor or coach.

You can also visit your EAP online at www.theEAP.com for thousands of problem-solving resources and self-help tools.

Your EAP is a free benefit and your confidentiality is assured. If you need help of any kind, we encourage you to take advantage of this no-cost, confidential benefit.

Your EAP is here for you and your family members!