



EAP BENEFITS: WHAT'S INCLUDED?

Your **Village Employee Assistance Program** is a benefit that your employer has invested in to provide you and your household members free access to confidential services. These services offer help with a variety of concerns.

Face-to-Face Counseling:

Short-term, confidential counseling, online or in person, can be helpful for relationship issues (couples, family, parent-child), emotional health (depression, anxiety, grief, suicide), and workplace struggles (work-life balance, coping with change, dealing with difficult people).

Drug and Alcohol

Assessments: Prevention education, aftercare support, and chemical dependency evaluation can be covered by your EAP. (Treatment is not an included benefit.)

Legal Consultation Services:

Receive a half-hour consultation with a network attorney for family or civil law matters and discounts on further legal services with that attorney.

Financial Counseling: Whether deep in debt, wanting to pay off credit cards more quickly, or planning for the future, financial professionals can work to create a custom plan, tailored to fit each situation and lifestyle.

Health Risk Assessment: This online tool can provide a baseline for your health status and concrete recommendations for improving your overall wellbeing.

Nutrition Counseling: Access to a nutrition counselor for nutrition concerns or education.

Wellness Education: Your EAP sessions can be used to take a variety of educational classes on topics such as parenting, self-esteem, anger management, and mindfulness. Call before registering to see if your class can be covered.

EAP Resources: Employees and supervisors can access information about their EAP benefit, helpful newsletters, online resources and more on our exclusive user site, www.VillageEAP.com.

When you want to access EAP services, just call **1-800-627-8220**, then press 1. This number is your one-point access to all services including appointments and Supervisor Helpline. Speak to an intake specialist immediately or leave a message and our team will return your call. If you do not hear from us within two business days, please call us again.

Let the intake specialist know you are with **The Village Employee Assistance Program** and who your employer is. They will ask you a few questions that will assist us in connecting you with the EAP services that best meet your needs. **It's as easy as that!**