Welcome to your Employee Assistance Program

Face to Face Counseling
Telephonic Counseling
Web-based Tools (myStrength)
Text Therapy (Talkspace)
Video Counseling
“In the Moment” Support
EAP Orientations
Consultations
Promotions
Coaching & Training
Work/Life Balance
Critical Incident Response
Health & Wellness
Suicide Awareness & Prevention
Preparing for Retirement
Elder & Childcare

CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM