



Meet Your Employee Assistance Program (EAP)

An EAP is a free, confidential program provided by your employer to help you and your household with personal or work-related issues. Services are fully covered by your employer, so there's no cost to you.

MY EAP

Visit [MY EAP](#), our central hub to learn about all the services and platforms available through your EAP.

THRIVE WEBINARS

Hosted monthly by industry experts, these free live sessions cover key themes for workplace success.

[Click here](#) to view and register for upcoming webinars.

Resources & Services Include



EAP SERVICES

Our confidential Employee Assistance Program (available 24/7/365) is designed to support you and your household members, whenever and however you need it.

You have access to EAP counselors to help address:

- Marital and Family Relationships
- Legal & Financial Problems
- Stress Management
- Alcohol and Substance Abuse
- Crisis Management
- Parenting Difficulties
- Domestic Violence
- Physical and Mental Illness
- Grief & Loss
- and more!

Contact us today:

800-624-2593 | info@nationaleap.com | [Complete This Form](#).



ONLINE MEMBER PORTAL

Our user-friendly Member Portal offers convenient access to articles, interactive content, self-assessments, and a dedicated Mindful Channel, all focused on enhancing your well-being.

Visit www.helpwhereyouare.com/login
[Log in using your company's username](#)
[and password to get started.](#)







Resources & Services Include



WORK-LIFE SERVICES

We offer a suite of services designed to connect you to experts and community resources, including:

-  **Pre-Qualified Referrals** for Child and Elder Care, Legal, Housing, and Financial Resources
-  **Legal Consultation** – Free 30-minute telephonic consultation with an attorney. Discounted rates available if legal representation is required.
-  **Financial Consultation** – Free ~30 min telephonic consultation with a financial professional qualified to advise you on a range of financial issues.
-  **ID Theft Recovery Consultation** – Free 60-minute phone consult with a recovery expert, plus access to Credit Karma's prevention tools.

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AI MENTAL RESILIENCE APP

Wysa, our innovative AI-powered app, offers personalized tools to help you take charge of your well-being. Grounded in Cognitive Behavioral Therapy (CBT), Wysa is designed to support you and your household members in building resilience and enhancing mental health through a structured, clinically validated program. [Click here to learn more!](#)

Key Features Include:



24/7 access to conversational AI chatbot



Library of **science backed self-care tools**



Anonymous and safe space



Daily check-ins to help build a routine

Download Wysa:
[Click Here or](#)
[Scan the QR Code](#)



FOOD & NUTRITION: EDUCATION & REFERRAL SERVICES

Nutrition health is a critical component of overall wellness, and we are committed to helping you prioritize it. Through our collaboration with Kelly's Choice, a leading provider of nutrition health support, you and your household members have access to:

- **Medical Nutrition Counseling Referrals:** Covered by most major insurances, with self-pay and HSA/FSA options.
- **Personalized Support:** Virtual 1:1 nutrition counseling with expert & flexible Registered Dietitians.

[Click here to learn more!](#)