

# 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.

## 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](mailto:info@nationaleap.com)



### MY EAP

**Visit MY EAP**, your 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.



### 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.



**NEAP** | NATIONAL EAP

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## Work-Life Services

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.

## 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



[Learn More  
Online!](#)

## 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.



[Learn More  
Online!](#)

