

# EAP FOR ALL ASPECTS OF LIFE

## Life Happens. We Understand. You Are Not Alone.

Even when we have our day planned out life can sometimes take us by surprise. No matter what it's always good to know you have support to help you move forward.

### Your Employee Assistance Program

- **24/7 Support** – Free, confidential counseling and referral services for you and your immediate household members.
- **Online Resources** – Access self-support tools via our [Member Portal](#) and [Wysa](#), our AI-Mental Resilience App that offers chat-based guidance, exercises, and tools to help manage stress, anxiety, and emotional well-being.

### The NEAP Difference

- If your needs go beyond the EAP, our clinical team will connect you with pre-qualified referrals for ongoing support.
- We make the process seamless, saving you the legwork of finding the right match.

### Always Here for You

Even when life takes an unexpected turn, support is just a call or click away. You are not alone—NEAP is with you 24/7 days a year.

### Did you know your Employee Assistance Program (EAP) offers...

- Short-term counseling sessions through NEAP
- Referrals to ongoing supports for longer-term needs

### We can support you with:

- ✓ **Crisis & In the Moment Telephonic Support** – Available 24/7 with licensed professionals
- ✓ Solution Focused Counseling Sessions
- ✓ Pre-Qualified Referrals for Short & Long-Term Services
- ✓ A Dedicated Care Management Team to Help you Every Step of the Way!



#### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

**NEAP** | NATIONAL EAP