

Employee Assistance Program (EAP) & Support Services

SYMETRA & MARKETPLACE CHAPLAINS

We understand that we all face serious problems at some time in our lives, and Titus Transport is committed to providing help during those times.

The EAP is designed to assist staff members and families with personal challenges in many different areas, including depression, stress management, drug and alcohol abuse, relationships, grief, domestic violence, legal and financial issues, parenting, childcare, and elder care.

Participation in the EAP is voluntary. For those who require referrals for long-term treatment, there may be fees for the services of outside providers. However, EAP counselors will coordinate referrals, whenever possible, to take advantage of existing insurance coverage and community resources in order to minimize costs. We encourage you and your eligible family members to take advantage of our EAP benefit and to reach out to Marketplace Chaplains.



**24 HOURS A DAY,
7 DAYS A WEEK**

Symetra offers **FIVE** calls per year and is available to all employees and members of your household, whether you are enrolled in a medical plan or not.

GUIDANCERESOURCES.COM
WEB ID: SYMETRA
888-327-9573



**24 HOURS A DAY,
7 DAYS A WEEK**

Professional counselors are available to provide you with support, guidance, and resources. Spanish and TTY/TDD phone lines are also available.

MCHAPUSA.COM
877-442-4207 • MYCHAP APP