



# Counseling Help from Your EAP

If you're feeling overwhelmed by events lately, you aren't alone. Times are indeed tough. But remember, help is just a phone call away through your EAP, which has a variety of free, confidential counseling and support services available 24/7/365. Benefits are available to you and all eligible family members.

## Get help for:



Stress  
Loss & Grief  
Money & Debt Problems  
Relationship & Family Issues  
Elder & Child Care  
Legal Issues  
Health & Wellness  
Substance Abuse  
***Much More!***



- ✓ All EAP counseling services start with a phone call, day or night.
- ✓ Experienced Masters and Ph.D. level clinical counselors provide immediate support.
- ✓ Often, you can resolve your issues just by talking to a counselor, but if not, they will refer you to video counseling or face-to-face counseling with a local counselor for additional help.
- ✓ We've built an extensive referral network of private practice providers throughout the U.S. and Canada to supplement our own counseling services.

If you prefer, login to explore thousands of self-help resources covering virtually any problem or issue that you or your family may face.

**Your EAP can help - call any time: 800.252.4555 | [www.HigherEdEAP.com](http://www.HigherEdEAP.com)**