



Dear Employee & Family Members:

We wanted to remind you about an important benefit: **ESI's Employee Assistance Program** -- or EAP, for short. If you aren't taking advantage of it, you should be! Here's why:

This free benefit offers you and your family a wide variety of tools and services to help with life issues or problems that might affect your daily life at work or at home. It also includes training and other resources for your personal growth and development.

[Watch the Video!](#)

Or, [click here](#) to view a flyer that highlights the services and benefits available through the EAP.

Here's a sampling of issues that your EAP addresses:

- Marriage & Family ▪ Stress ▪ Legal Problems ▪ Debt ▪ Childcare ▪ Elder Care ▪ Grief
- Pet Problems ▪ Education Planning ▪ Scholarships ▪ Depression ▪ Anxiety ▪ Taxes ▪ Wills
- Smoking Cessation Wellness ▪ Adoption ▪ Substance Misuse ▪ Mental Health ▪ Divorce

Your EAP offers access to Masters-and PhD-level experienced counselors. Therapy alternatives include in-the-moment telephonic, live therapy through text messaging, chat, audio, and video, and in-person therapy. You also have access to the [Talkspace Go App](#) for self-guided, interactive courses and much more.

Your EAP also offers thousands of personal and professional development opportunities, from webinars and online trainings to one-on-one telephonic coaching in the following areas:

- Certified Financial Coaching ▪ Balancing Life at Work & Home ▪ Resilience ▪ Effective Communication
- Home Purchasing ▪ Student Debt ▪ Relaxation Coaching for Beginners ▪ Workplace Conflict Retirement
- Wellness Coaching for weight loss, fitness and smoking cessation ▪ Succeeding as a Supervisor

There are many more benefits, so we encourage you to explore them and share them with your household. To access your EAP, simply call the **toll-free number 1-800-252-4555** to talk with a counselor or coach.

You can also visit your EAP online at www.theEAP.com/Educators-EAP for thousands of problem-solving resources and self-help tools.

Your EAP is a free benefit and your confidentiality is assured. Nothing about your use of the EAP is shared with your employer unless you sign a release of information authorizing this. If you need help of any kind, we encourage you to take advantage of this no-cost, confidential benefit.

Your EAP is here for you and your family members!