The tools to find your best self:

Employee Assistance Program

Support and information for personal and work-life issues.

Counseling services and support for anxiety, depression, and more.

Free, confidential, and completely anonymous counseling services.

Wellness resources and tools to help you overcome life challenges.

The Employee Assistance Program (EAP) helps you:

- Workplace challenges
- Substance dependence or addiction
- Feeding addictions
- Exercise worry
- Stress
- Legal or financial challenges
- Life-changing events
- Relationship and family challenges

The EAP can give you the support you need.

Our Program

The tools to live a balanced and happy life.

- Access to counseling, programs, and services
- Free, confidential, and completely anonymous counseling services
- Wellness resources and tools to help you overcome life challenges
- Personal and workplace challenges

Whether you're already knee-deep in it or you're just starting out, the EAP is here to help you navigate any challenges you may face.
To take advantage of EAP benefits, call 855-387-9727 or log onto myEAP24.com to view resources.

Visit online:

- Access, policies, and privacy
- Request a speaker provider's list
- View the directory
- Find an EAP provider
- More

The EAP app can be downloaded.

Delivered right to your inbox:
- Work and other helpful materials
- Stress-free parenting tips
- Stressful moments
- Weekly tips
- Stress-free

Above your health:
- Save costs and get free help
- Search the app store
- Visit myEAP24.com

Resources include:
- Free consultation
- Self-help and other helpful materials
- Stress-free parenting tips
- Weekly tips
- Stress-free

Start a chat. Go online or use the app on your mobile device.

We've got the right direction.

We're here for you.

Find your best self.