



Your EAP Your Employee Assistance Program is a **free** and **confidential** benefit available for you, your spouse and dependents under the age of 26. The EAP can assist with personal and/or work-related issues that may impact your mental and emotional well-being.

Scope of Benefits:

Counseling and Mental Wellness

Counseling services are provided in-person or via teletherapy by licensed therapists. Access your EAP for support with a number of issues, including but not limited to:

- + Stress management
- + Depression
- + Anxiety
- + Grief/loss
- + Relationships and communication
- + Marriage/family
- + Work/life balance
- + Substance use
- + Anger management
- + Career development
- + Dealing with trauma
- + Child/adolescent issues

Counseling referrals are private, free and confidential

- + All providers are licensed therapists in private practice

Professional Legal and Financial Services

Assistance provided by professional attorneys:

- + 30-minute in-person or telephonic consultation session
- + Free simple wills
- + Review of a legal document (up to six pages)
- + Simple resolution letters and/or phone calls on your behalf
- + Immigration services
- + Up to 25% discount for additional services

Assistance provided by professional financial advisors:

- + 30-minute in-person or telephonic consultation with a financial planner
- + Retirement planning
- + Credit repair
- + Debt consolidation management
- + Identity theft planning/solutions
- + Up to 15% discount for additional services

Work/Life and Wellness Resources

Work/life resources are provided by a specialist through an online form request. Resources available:

- + Childcare
- + Elder care
- + Adoption assistance
- + School/college assistance
- + Pet care services

Health and Wellness resources to help identify healthy lifestyle behaviors using self-help tools offering:

- + Wellness lessons:
 - Eating healthy
 - Stress less
 - The "blues"
 - Smoking cessation
- + Wellness webinars and tutorials for self-help and healthy living
- + Personal health assessments
- + Health library and articles:
 - Wellness topics
 - Health indicators
 - Self-help health tips
 - And much more

For more information, visit the member website at www.4eap.com. To obtain your username, please contact us at info@ieap.com or call to be connected with a Care Coordinator.

Stress management
Legal/financial
Child/adolescent issues
Depression/anxiety
Marriage and family
Grief/loss
Substance use
Career development

**Crisis
Counselors
24/7**

For free and confidential assistance, contact your Employee Assistance Program.

4eap.com

713-781-3364
800-324-4327

Se Habla Español
800-324-2490

Your employer has contracted with Interface Behavioral Health to provide you with an Employee Assistance Program.