

# Employee Assistance Program (EAP)



Your Employee Assistance Program (EAP) is a no-cost benefit provided to eligible members and household dependents. This benefit provides confidential access to solution-focused counseling and personal coaching services to help you manage life stressors and challenging issues. EAP is a HIPAA compliant service.

## EAP CAN HELP YOU BE YOUR PERSONAL BEST:

- Relationships & Family Communication
- Managing Stress and Change
- Coping with Grief and Loss
- Substance Abuse Cessation Support
- Managing Anxiety and/or Depression
- Life Transitions & Major Decisions
- Workplace Issues
- Parenting/Child Behavioral Issues
- Balancing Work/Life Responsibilities
- Caregiver Challenges and Support
- Coping with Diagnosed Illness/Pain
- Goal Setting/Motivation/Action Plans
- Trauma/Critical Incident Support
- Anger Management/Domestic Violence

Call your Lighthouse EAP for additional information or to schedule a confidential, no-cost appointment.

## YOUR LIGHTHOUSE EAP BENEFIT INCLUDES:

- **Confidential & Professional** counseling with independently licensed, experienced, Master's level clinicians
- **3 No-Cost Sessions** per presenting issue, per program year
- **24/7 Crisis Support:** professional guidance when you need it most
- **Household Coverage:** employee, spouse and unmarried children under 26
- **Accessible Providers** for in person, telephone and online sessions by appointment
- **Qualified Resources & Referrals** matched to your specific needs



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