



Employee Assistance Program (EAP)

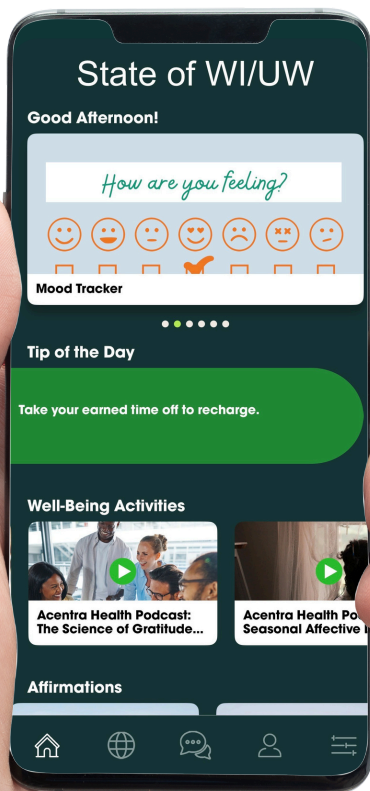
Acentra Connect

An on-demand app providing instant access to mental health and well-being resources.



Connect to Resources That Support Your Well-Being

Acentra Connect delivers on-demand resources to help you manage your well-being with useful tips, relevant articles, assessments, and motivational exercises. Accessing your EAP services are easier than ever. *Acentra Connect* is secure, confidential, and available 24/7.



Quickly Access Helpful Resources

Check out the content library by topic to locate the resources you need instantly.

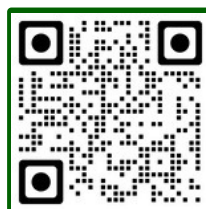
Get Inspired and Stay Motivated

Receive motivational tips to help maintain your focus and shift your mindset. Save your favorite articles, too!

Live Chat with a Counselor

Chat with a highly qualified counselor for immediate support and referrals.

USE CODE SOWI TO REGISTER.



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