

GET TO KNOW YOUR

# Employee Assistance Program (EAP)



Your EAP is a complimentary service available to you through your employer. The EAP provides counseling sessions at no cost to you, as well as offering a wide variety of services to enhance overall well-being and support healthy work-life balance. The program is completely confidential and available to you and your household members 24/7.

## COUNSELING & SUPPORT



Whether you're facing stress, anxiety, depression, relationship challenges, substance abuse, work-related difficulties, or other challenges, our highly qualified counselors can provide in-the-moment support. Up to **8 sessions** are available for in-person, telephonic, or virtual counseling. Managers can take advantage of unlimited telephonic consultations related to workplace concerns.

## LEGAL CONSULTATION



Legal concerns can be stressful, costly, and often result in lost work time. Reach out to the EAP for a referral for a free 30-minute consultation with a lawyer for any issue (excluding work-related issues). Should you choose to retain the lawyer you will receive a 25% discount for additional time and services.

## FINANCIAL CONSULTATION



Do you need help with budgeting, saving, or with a financial related question? Contact the EAP for a free 30-minute phone consultation with a financial expert to help you get on the right path.

## WORK-LIFE SUPPORT & REFERRAL SERVICES



Let us do the leg work when it comes to researching caregiver resources, fitness centers, colleges, adoption services, relocation services, volunteer opportunities, pet care, entertainment, doctors, home repair services, and so much more.

## ONLINE RESOURCES & TOOLS



The website listed below is your one-stop resource for tools and information designed to address life's pressing concerns. You will find webinars, self-assessments, trainings, podcasts, and articles. Additionally, you can explore childcare and eldercare locators and resources, access calculators, download legal and financial forms, and more. **Now available: Live chat with a counselor for support and referrals.**

## MOBILE APP



Introducing **Acentra Connect**, your on-demand mental health and well-being app designed to access digital resources right at your fingertips. **You can also live chat with a counselor for support and referrals.**



Scan the QR code to download the Acentra Connect mobile app. Use code SOWI to register.

Call 24/7: 1.833.539.7285

Website: [SOWI.MyLifeExpert.com](http://SOWI.MyLifeExpert.com)  
Code: SOWI



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