



## Village Employee Assistance Program (EAP) Benefit Summary

Your employer provides you and members of your household access to an Employee Assistance Program (EAP) through The Village. Your Village EAP offers short-term confidential counseling on multiple aspects of life at no cost to you.

1. Your Village EAP program offers professional guidance in areas such as:
  - a. **Relationship issues**- couples counseling, family counseling, parent/child counseling, etc.
  - b. **Emotional health issues**- stress, anxiety, depression, grief, guilt, shame, self-esteem, etc.
  - c. **Drug and alcohol issues**- assessments, evaluation & prevention education (does not include treatment)
  - d. **Workplace issues**- job-related conflict, coping with change, job stress coping skills, sexual harassment in the workplace, promotions, etc.
  - e. **Financial services**- any pressing current financial situation, your overall financial situation, short or long-term financial goals, unsecured debt (credit card, medical, or collection debt), saving (children's education, family emergency fund), etc.
  - f. **Legal services**- family law (divorce, wills, custody) & civil law (housing, harassment, motor vehicle) – 30-minute consultation with an attorney and 25% discount on their services thereafter
  - g. **Wellness resources**-comprehensive online health risk assessment and nutrition counseling.
  - h. **Community-themed wellness classes**- On topics such as parenting, self-esteem, anger management, and mindfulness.
2. It is **strictly confidential**. Unless you ask us to, we won't tell anyone what is discussed in the counseling session.
3. It is **available 24/7, 365** days a year, with **nationwide** accessibility.
4. There is **no cost** to you or members of your household.
5. **Number of sessions available:** The Village Employee Assistance Program offers each employee and their household members up to 8 sessions per issue within a 12-month period. An issue is a specific concern or challenge someone is facing. For example, burnout and stress at work, communication issues, coping strategies for anxiety or seasonal depression, and more.
  - a. Person A and Person B live together. In one year, Person A experienced 3 issues: workplace stress, grief, and seasonal depression. Through The Village EAP, they received up to 24 sessions, with 8 sessions dedicated to each concern. Throughout that year, Person B also struggled with anxiety and communication issues, and they received up to 16 sessions.
6. It is easy to use. Call **1-800-627-8220** and **identify that you'd like to utilize your Village EAP benefit through your employer** to schedule an appointment. Our helpful staff will then guide you through the process.
7. It provides unlimited access to your comprehensive Village EAP wellness website at [www.VillageEAP.com](http://www.VillageEAP.com). Visit the site today to access the [3-minute EAP Orientation Video](#) and [Subscribe](#) to receive your monthly EAP newsletter in your personal inbox.

**You don't have to go it alone. We are here to help!**