



The Village Employee Assistance Program:

A RESOURCE TO HELP YOU

live your best life

We all have an idea of what our “best life” looks like. It might mean feeling more present at home, less stressed at work, or more in control of your time, finances, and energy. For many people, it also means feeling more balanced, more focused, and more confident in how they move through each day. But real life doesn’t always make that easy. Responsibilities grow, challenges come up, and it can be hard to stay focused on what matters most. It’s easy to push your own needs aside while keeping everything else moving. Living your best life isn’t about having everything figured out. It’s about having the right support when you need it and knowing where to turn when things feel off. Sometimes, even a small step in the right direction can make a meaningful difference.

Take these examples for instance:

- Feeling calmer at the end of the day
- Communicating better with people who matter to you
- Handling stress without it taking over
- Making progress on financial goals
- Creating healthier routines that actually stick

These changes may seem small, but over time they can have a meaningful impact on how you feel and how you show up each day. If something in your life could feel better, that’s a good place to start. The resources on the next page are designed to help you take that next step.

EAP BENEFITS

Your **Village Employee Assistance Program** is a benefit that your employer has invested in to provide you and your household members free access to confidential services. These services offer help with a variety of concerns.

Face-to-Face Counseling

Short-term, confidential counseling, online or in person, can be helpful for relationship issues (couples, family, parent-child), emotional health (depression, anxiety, grief, suicide), and workplace struggles (work-life balance, coping with change, dealing with difficult people).

Drug and Alcohol Assessments

Prevention education, aftercare support, and chemical dependency evaluation can be covered by your EAP. (Treatment is not an included benefit.)

Legal Consultation Services

Receive a half-hour consultation with a network attorney for family or civil law matters and discounts on further legal services with that attorney.

Financial Counseling

Whether deep in debt, wanting to pay off credit cards more quickly, or planning for the future, financial

professionals can work to create a custom Financial Action Plan, tailored to fit each situation and lifestyle.

Health Risk Assessment

This online tool can provide a baseline for your health status and concrete recommendations for improving your overall wellbeing.

Nutrition Counseling

Access to a nutrition counselor for nutrition concerns or education.

Wellness Education

Your EAP sessions can be used to take a variety of educational classes on topics such as parenting, self-esteem, anger management, and mindfulness. Call before registering to see if your class can be covered.

EAP Resources

Employees and supervisors can access information about their EAP benefit, helpful newsletters, online resources and more on our website, www.VillageEAP.com.

When you want to access EAP services, just call **800-627-8220**, then press 1. This number is your one-point access to all services including appointments, Supervisor Helpline and after-hours crisis counselors. Speak to an intake specialist immediately or leave a message and our team will return your call. If you do not hear from us within two business days, please call us again.

Let the intake specialist know you are with **The Village Employee Assistance Program** and who your employer is. They will ask you a few questions that will assist us in connecting you with the EAP services that best meet your needs!

WHO'S COVERED?

You and anyone living in your household can use EAP services. They do not have to be a family member.

HOW MANY SESSIONS ARE AVAILABLE?

Each household member can access up to 8 sessions per concern each year. Different concerns (like stress, relationships, or finances) can be supported separately.

GOOD TO KNOW

- Services are free and confidential
- Available during employment and for a short time after
- Support is available in person or online
- You can use services for everyday concerns, not just crises

HOW TO GET STARTED

- **Call 1-800-627-8220 and press 1**
You'll connect with an intake specialist or leave a message
- **Share your employer and concern**
We'll help match you with the right support
- **Schedule a time that works for you**
Appointments are available in person or online

We'll connect you with the right support for your situation.