



EAP IS FOR **everyone** HOW THE VILLAGE EMPLOYEE ASSISTANCE PROGRAM BENEFIT CAN HELP YOU

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The man was probably in his 60s, tall, gray-haired and weathered looking, perusing the tables at a wellness fair where I was tending a booth for The Village Employee Assistance Program. He stopped to ask about chemical dependency services. After I told him about what we offer, he leaned in close and said to me, **“We all could use a little help sometimes.”**

Isn't that the truth? It's a powerful reminder, and one I hope you'll share with your friends, family, and colleagues.

In my role with The Village, I lead benefit overview sessions and visit with all different types of organizations and people to increase awareness about Village EAP resources. During these sessions, I also ask for help in **normalizing access to counseling**. Time and again, employees have shared with me how they or their household members have benefited from accessing counseling services through their EAP. *Could you share with a friend or coworker about how you or someone you care for has benefited from having an outside ear?*

Everyone, continued on back

UNSURE WHETHER EAP CAN HELP YOU?

Read what employees like you have said about their experience:

“(My counselor) was **very comforting** and made it easy for me to start the therapy process. I was nervous and I'm very thankful for her kindness and gentle way of working through the session.”

“It was **easy to access** and set up an appointment with the program.”

“You can **get the help you need** without worrying about it financially.”

“I felt as though I could easily say anything **without fear of judgment**.”

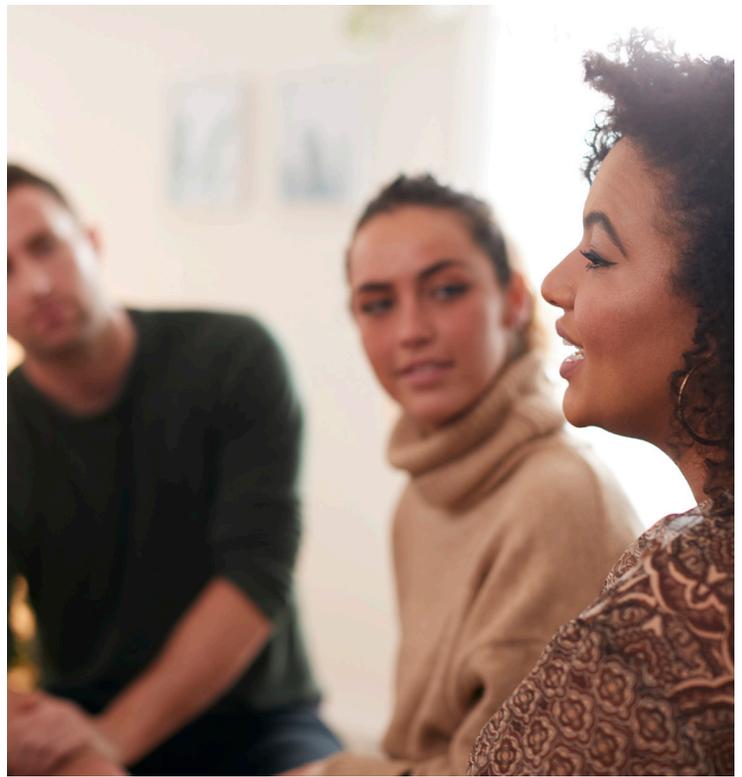
“My family pays a lot for my daughter's therapy, and this allows me to have therapy **without a huge cost**. I wouldn't be able to afford my own therapy right now without EAP.”

Everyone, from front

The truth is everyone can benefit from counseling. No matter your age, gender, relationship status, socioeconomic status, spiritual beliefs (or lack thereof), or role within your organization, counseling can help. It's beneficial even when you're not sure what your exact issue or concern is. (Did you know an EAP counselor can be an accountability partner in focusing on your wellness or work goals?!)

On any given day, each of us is making difficult decisions, supporting others in their journeys, facing medical concerns, dealing with grief and loss, advocating for loved ones, or feeling the stress of attempting to prioritize what is most important in our home and work lives. As my new friend said, *we all could use a little help sometimes.*

Anyone can benefit from meeting with someone outside their circle who has a fresh perspective. Whether you are thinking about applying for a different role in the organization, need help navigating a change in team dynamics, are having a hard time managing your child's behavior or caring for an elderly parent, or want to add healthy habits back into your daily life, **The Village EAP is here for you!** Call 1-800-627-8220 today. When you call, mention that you'd like to access your Village EAP benefit through your company.



EAP BENEFITS: WHAT'S INCLUDED?

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, The Village's 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.

User Website: Employees and supervisors can access information about their EAP benefit, helpful newsletters, online resources and more on our exclusive user site, www.VillageEAP.com (case-sensitive password: VillageEAP).

When you want to access EAP services, just call **1-800-627-8220**, 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. **It's as easy as that!**