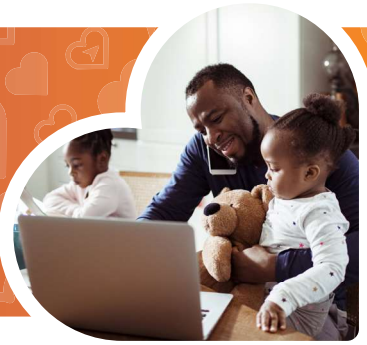
We're here when you need us most

Employee Assistance Program (EAP)



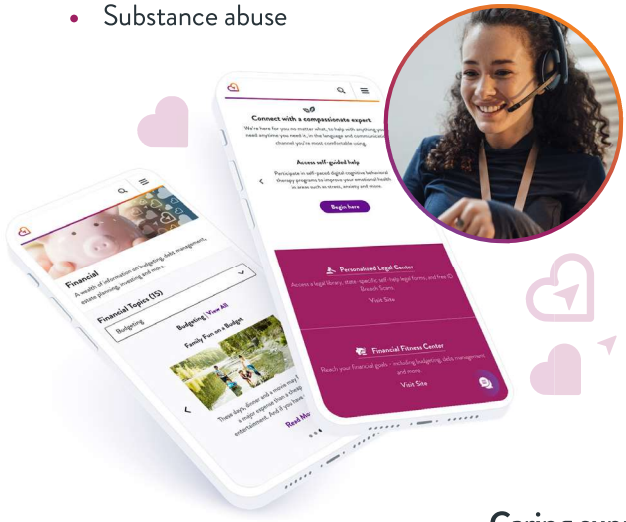
Life can be overwhelming, with work and personal responsibilities often adding to the stress.
That's why your employer has partnered with Health Advocate to provide compassionate, personalized support.

Helping you find balance and take control during life's challenges, all at no cost to you!

Confidential emotional health support

Phone | Virtual | In-Person | Self-Guided

- Stress, anxiety, depression
- Family and parenting issues
- Relationships
- Financial and job pressures
- Grief, loss, and anger
- Substance abuse



Life & Work services

Locate help for childcare, eldercare, relocation, special needs programs, and more.

Financial guidance

Connect with a financial professional by phone on matters including budgeting, debt, and retirement planning.

Legal assistance

Connect with an attorney for legal advice on family law, wills, estate planning, and more.

Online resources

Explore webinars, courses, and articles on mental and emotional health, and access online legal and financial tools.

Caring support for the whole family

Our services are available to you, your spouse/partner, dependents, parents, and parents-in-law.

In a crisis, help is available 24/7.

866.799.2728

answers@healthadvocate.com

www.HealthAdvocate.com/ceha

Registration code: SMJSELW

Call • Email • Message • Live Chat

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