



# Lifestyle EMPLOYEE ASSISTANCE PROGRAM

Confidential Support for a Stronger, Healthier You

## IT'S OKAY TO ASK FOR HELP.

Your EAP provides a variety of resources for you and your immediate family. These EAP benefits are **NO COST** to you, **CONFIDENTIAL**, and available **24/7/365**.

## WE CAN HELP WITH:

- Depression
- Anxiety
- Stress
- Burnout
- Life Changes
- Grief
- Trauma
- Self-Esteem
- Addictive Behaviors
- Problems at Work
- Work-Life Balance
- Troubled Teens Child
- Eating Disorders
- Relationship Challenges
- Co-Parenting
- **And More...**

## Lifestyle EAP Benefit Summary

### Virtual or In-person Counseling

Conveniently access EAP sessions virtually or at a location near you.

### 24/7/365 Support

Call us whenever you have an issue or concern. Our experienced team is here to support you any time you need us.

### Downloadable Worksheet Toolkits

Access a growing list of self-guided worksheets on a variety of different topics.

### Virtual or Phone Life Coaching

Meet with a life coach and receive advice on matters such as goal setting, overcoming obstacles, and other areas of personal development.

### Interactive Self-Help Courses

Access a growing media library of self-help courses on a variety of different topics.

### Nutrition & Fitness

Access unique fitness programming, nutrition guidance, recipes, and much more

### Financial

Receive financial coaching, access online tools, plus many other financial resources

### Legal

Receive attorney and/or mediation consultation, ID theft support, and several additional legal resources

### Additional Benefits

Monthly e-newsletters; self-assessments; expedited scheduling; trending stories, news, and research; a host of additional wellness content from our team of experts; and more.

**CREATE YOUR ACCOUNT TODAY!**

Visit **CovenantWorkplaceSolutions.com** or scan QR code



## FAQs

### What is an EAP?

An EAP is a strength-based, solutions-focused brief counseling model to assist with a variety of personal challenges, but is not intended to diagnose or replace therapy.

### Are EAP services confidential?

Yes, services are completely confidential. No personal information is shared with your employer. Only company-wide utilization numbers are shared.

### How many sessions do I get?

The number of sessions covered is established by your employer. Ask your HR contact or call us to find out.

### What happens if I run out of sessions?

In some instances you may be able to continue with your provider if they accept your insurance or private pay. Otherwise, more EAP sessions become available upon company renewal.

### Who is EAP counseling for?

Individuals, couples, and families employed by your organization are all welcome to use EAP counseling services.

### Is there a fee for using EAP services?

No fees! Zero cost. This is a benefit provided by your employer.

### How do I access the online portal?

Go to [covenantworkplacesolutions.com](http://covenantworkplacesolutions.com), click Log In, enter username and password, or create a new account using your company code.

### What number do I call for 24/7/365 support?

Your 24/7/365 phone line with direct access to an experienced counselor is **(888) 838-9204**. Save it in your phone!

### When should I call the main EAP line to schedule sessions?

Call **(833) 434-1335** M-F 8am-5pm CST to schedule. Or inquire via email or online form anytime.

### What happens when I call?

A support specialist will gather your employer information and preferences to help you match with the right EAP counselor.

## DID YOU KNOW...

**26% OF AMERICANS**

**18+ YEARS OLD AT ANY GIVEN TIME  
HAVE A DIAGNOSABLE, TREATABLE  
MENTAL ILLNESS** (Johns Hopkins)

**26.3 MILLION ADULTS**

**RECEIVED MENTAL HEALTH SERVICES  
VIRTUALLY IN THE PAST YEAR** (NAMI)

## FROM CHALLENGES TO SOLUTIONS

Problems are a normal part of life. Sometimes, finding the path to overcome your struggles can feel like an impossible challenge. Your Employee Assistance Program (EAP) is here to help you and your family cope and get back to thriving.

At Covenant Workplace Solutions, we provide compassionate and nonjudgmental care. Our experienced team provides effective counseling services, including providers who specialize in marriage and family therapy.

Problems rarely exist on their own. Typically, it is many things occurring together that creates mental health struggles. Our providers help you look at the big picture, not just the problem itself. By looking at a situation from all points of view, we can address the needs of an individual, couple, or family. Our goal is to help everyone achieve continued wellness and become the best version of themselves.

## It's simple to get started!

Create an account on our web site

Call us or fill out the online form when logged in

Upon authorization, a member of our team will schedule your first visit.



**COVENANT**  
WORKPLACE SOLUTIONS