

# Your EAP offers mental health support

Visit with a therapist from the comfort of home



If you're experiencing feelings of stress or anxiety, help is available. With your Employee Assistance Program (EAP), you can schedule a video visit with a licensed therapist when you need support. Use your phone, tablet, or computer with a camera to have a secure visit on LiveHealth Online from home.

## Support when you need it

In most cases, you can make an appointment to see a therapist within seven days or less.\*

## Start by calling your EAP at 800-346-5484 – a representative will:

- Talk to you about your therapy options, including video visits through LiveHealth Online.
- Provide a coupon code you can use to access the sessions provided by your EAP.

You have 4 visits available through your EAP at no extra cost.



**Connect with mental health and well-being support.**  
Reach out to your EAP representative today for more information.

## Commonly treated conditions:

- ✓ Anxiety
- ✓ Stress
- ✓ Depression
- ✓ Relationship troubles
- ✓ Parenting issues
- ✓ Grief
- ✓ Coping with illness
- ✓ Post-traumatic stress disorder

\* Appointments subject to availability.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

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