



1-866-660-9533

(24/7, free)

# Help Starts Here.

UVM Employee and Family Assistance Program

## Invest EAP is Here for You

UVM's Employee and Household Assistance Program (EAP) is a free, confidential program created to promote the health, safety and well-being of our members. When you're ready to talk, EAP is here for you.

## Personalized Solutions

Are you feeling the impacts of the ongoing pandemic, racial injustices, financial worries, and budget cuts? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to make an appointment online? It's easy!

Visit the UVM-exclusive site at [www.bit.ly/EAPUVM](http://www.bit.ly/EAPUVM)

## How It Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor**. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. All of our services are currently provided by phone or video in accordance with COVID precautions.

This benefit includes everyone in your household.

## Private and Confidential

Your participation in EAP is **voluntary and strictly confidential**. Your employer will not know that you contacted us or what you talked about.

I'm worried about COVID impacting my family.

It's been a hard year and now the **dark winter** makes it feel worse.

I'm really stressed about **my kids and their care** right now.

This situation feels unfair and **I feel helpless**.

Why do I feel so **angry** all the time?

**Our approach is positive and proactive. EAP is eager to help you with free, confidential counseling and resources — no matter how big or small your problems might be.**

## Get in Touch 24/7

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

[www.investeap.org](http://www.investeap.org) | password: uvm  
1-866-660-9533 (toll-free)

