



866-660-9533

(24/7, free)

# Help Starts Here.

Our Employee and Family Assistance Program

## Invest EAP is Here for You

Invest Employee and Household Assistance Program (EAP) is our free, confidential, and independent program that supports the health, safety and well-being of you and your household. **When you're ready to talk, EAP is here for you.**

## Personalized Solutions

Are you feeling the impacts of financial concerns, societal worries, relationship strain, or workplace stress? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to request an appointment online? It's easy - simply scan the code and enter your information.

*Need to create a login?  
Visit [www.investeap.org/members/register](http://www.investeap.org/members/register)  
and request your organizational password*

## 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. You can also access free **legal or financial consultations** and a variety of other supports.

This benefit includes every adult 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 think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

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)

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