



CENTERS FOR WELLBEING

Management & Supervisor Resources

# INVEST EAP/CENTERS FOR WELLBEING HERE FOR YOU AND YOUR EMPLOYEES

As a manager or leader in the workplace, you have free and confidential access to **supervisor-specific resources and supports** at EAP. Our expert management consultants serve as a valuable resource; we are ready to be your thinking partner, sounding board, or guide as you navigate the leadership of your employees and workplace culture.



## We're Here for You, 24/7

Recent research informs us that **over 50% of the workforce is experiencing serious symptoms of burnout**. Employee's anxieties and worries take up extra management time and, if left unaddressed, can lead to serious mental health challenges for your employees.

## How it Works

Our **free and confidential** services include short-term counseling support, financial referrals, legal referrals, issues with substance use disorder, and much more. **We even offer workplace consultations, support services, and resources just for leaders and managers.** Give us a call *anytime* to access our services.

## Our Personalized Solutions



### Management Consultations

Guidance and thinking partnership with EAP consultants for any supervisory issue.



### Critical Incident Supports

Including Resiliency Debriefings and post-incident consultations.



### Facilitated Discussions

Clinical assistance to help colleagues resolve a common problem.



### Referrals & Guidance

Support through the steps of identifying and assisting employees in need.

GET IN TOUCH 24/7 - IT IS FREE & CONFIDENTIAL

866-660-9533 (toll-free, all employees)

★ 888-392-0050 (management line)

www.investeap.org