

# Highlights of your EAP Services

What types of services and resources are available?

## Designated UVM EAP counselor

Available for on-site and telehealth appointments.

## Individual counseling & clinical support

Up to five (5) sessions per person, per issue, per year with licensed clinicians and social workers.

## Legal referrals & financial advice

and a comprehensive online resource!

## 24/7/365 hotline staffed by therapists and specialists

### Stress management

MyStressTools offers webinars, courses, and videos to help recognize and manage stress.

## All of your household members are included

Anyone that lives within your household is covered by our services, for free!

## Free monthly workshops and online resources

### Relationship issues

### Career transitions & work-related concerns

### Healthy lifestyles

### Grief & loss

### Balancing work and family life

***And more! If it's on your mind, give us a call!***



*Scan the QR code to request an appointment online*

Not sure what to do about a problem or who to turn to? Not sure if it's something we can help with? **Call us anyway!** Our approach is positive and proactive and we offer services to answer any need. We are eager to serve you and encourage you to call us for free confidential help. Invest EAP is **free for you and entirely confidential!**

[www.investeap.org](http://www.investeap.org)

Organization's password: **UVM**

**866-660-9533**  
(24/7)

