

## Counseling Help from Your EAP

Feeling depressed, overwhelmed, anxious, or stressed?

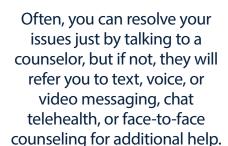
Your mental health is a top priority! Get quick access to a variety of free, confidential counseling and support services 24/7/365 through your EAP. Benefits are available to you and all eligible family members.



EAP counseling services start with a phone call, day or night.



Experienced Masters and Ph.D. level counselors provide immediate support.



Talkspace Go App, self-guided digital tools to improve mental health, including new self-guided interactive courses, and counselorled classes monthly.



- Stress
- Loss & Grief
- Money & Debt Problems
- Relationship & Family Issues
- Elder & Child Care
- Legal Issues

- Health & Wellness
- Substance Misuse
- Much More!

Log in to explore thousands of self-help resources covering virtually any problem or issue that you or your family may face.

Your EAP can help - call any time: 800.252.4555 | www.HigherEdEAP.com