

EAP access during COVID-19

INVEST EAP is playing an important role in addressing issues related to the **COVID-19** pandemic. Whether you are on the front lines or getting used to “the new normal”, **EAP** is available to help you get through this stressful and uncertain time. We are fully functioning, providing services by phone and via telehealth.

Worried about trying a telehealth platform? Please don't fret! We help people get connected every day.



Call 1-866-660-9533

24 hours a day—7 days a week—365 days



For a prerecorded orientation on your **EAP** benefits:



1. **Go to www.investeap.org**
2. **Create a login. Organization Password: UVM**
3. **Sign in using your login and personal password**
4. **Select the Benefits tab and click on the featured Member Orientation Video**

EAP is now hosting live webinars to walk you through your EAP benefits and demonstrate how to navigate the EAP website and online EAP COVID-19 Guidebook. Call us to learn more.



FINANCIAL AND LEGAL HELP

Free advice and planning from attorneys, accountants, and other professionals ready to help with your needs.



COUNSELING

Solution-focused sessions help with any problem you may be facing: parenting, divorce, anxiety, depression, and more.



BEHAVIORAL HEALTH

There is no health without mental health. EAP's approach takes a holistic approach to your total wellbeing and increases your resiliency.



WORK & LIFE

Unlimited consultation, assessment, and customized referrals for life issues such as childcare, eldercare, adoption, housing, transportation, and more.

COUNSELING

RESOURCES

REFERRALS

WORK CONFLICT

WELLNESS



Centers for Wellbeing

24/7/365: 1-866-660-9533 | WWW.INVESTEAP.ORG
Create a login. Organization Password: **UVM**

Highlights of your EAP services

Invest EAP is a free, confidential, Vermont-based program that helps you and your family members.

Here's what you can access immediately:

- ⇒ EAP-dedicated staff, with clinicians throughout Vermont
- ⇒ 75 local EAP counselors available via **phone** and **telehealth** support (during COVID 19 precautions)
- ⇒ **Recovery-friendly and substance abuse-referral services**
- ⇒ **Legal and financial advice**, and a comprehensive online resource center
- ⇒ **24/7/365 hotline** staffed by therapists
- ⇒ Help with marital, family, and other **relationship issues**
- ⇒ Counseling on **alcohol or substance use concerns** for yourself or loved ones
- ⇒ **Grief and loss** support
- ⇒ Guidance on finding work and family balance
- ⇒ **Depression, anxiety, and PTSD** counseling
- ⇒ Resources for career transitions and work-related concerns
- ⇒ Personal growth and development assistance
- ⇒ Smoking cessation aid
- ⇒ Healthy lifestyle guidance
- ⇒ ...and much more. **If it's on your mind, give us a call!**



INVEST EAP... here when you need us.

Not sure what to do about a problem or who to turn to? Not certain 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.

Our staff are licensed counselors with experience in work/life issues.

In addition to our resource-rich EAP website, check out our new COVID 19 guidebook site:

<https://www.investeapcovid19.org/>

1-866-660-9533

(toll-free 24/7/365 hotline for all EAP services)

