

Five Ways You May Not Realize You Can Use Your EAP

1. Talk through a difficult conversation you need to have
2. Increase your work-life balance
3. Plan for a life change
4. Improve your job satisfaction
5. Manage workplace conflict

Contact Invest EAP at 1-866-660-9533 to speak with an EAP Specialist. We offer in-person appointments with licensed counselors across the state of Vermont. For more information visit our website www.investeap.org Create a login. Organization Password: *uvm*.

INVEST EAP Offers Onsite Appointments at the Davis Center

Lynn Bursell, EdD, EdS, is our senior EAP counselor located in the Burlington office at 110 Cherry Street. Lynn is a licensed mental health counselor with over 20 years of experience providing employee assistance and counseling services. She is trained in brief, solution focused counseling, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, career development, disability, and motivational interviewing and is American Sign Language proficient.

Lynn can be a conduit to resources within and beyond EAP. She knows the counselors in the area and can make targeted recommendations to high level experts.

If you would like to schedule an Onsite EAP appointment, please find more information here: <https://www.uvm.edu/sites/default/files/Employee-Wellness/InvestEAP.pdf>