

# Your Employee Assistance Program (EAP)

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**Here for all of life's ups and downs — big or small.**

Wherever you are in life or whatever challenges you may face, the Employee Assistance Program by A Chance to Change is here to help with the support you need.

Your EAP provides confidential, professional assessment and referral services for you and each member of your household. This is a FREE benefit to you paid for by your employer.

When you contact us, we'll connect you with an experienced EAP professional who will provide consultation, short-term problem solving and crisis management. Our goal is to help you discover a happier, healthier *you*.

Reach out to A Chance to Change to schedule an appointment. In-person and virtual appointments are available.

**Your EAP benefit includes:**

**6 individual sessions**

or

**12 group sessions**

per issue/per employee

/per member of their household



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# Your EAP can help with:

- Mental Health
- Anxiety
- Depression
- Managing the stress of everyday life
- Burnout
- Work/Life Balance
- Work Difficulties
- Improving self-esteem
- Coping with major life events or trauma
- Family issues
- Parenting and/or behavioral issues of children and adolescents
- Marital/relationship difficulties/divorce
- Coping with violence or domestic abuse
- Death and/or grieving the loss of a loved one
- Alcohol, substance use or addiction
- Problem gambling
- Aging... and more

## How to use your EAP:

Scheduling an appointment to use your EAP is easy. When you reach out, just let us know who you work for and that you would like to use your EAP. Below are the different ways you can reach out. We'll schedule an appointment as soon as possible.

- **Call 405.540.2508**
- **Contact us at [www.achancetochange.org](http://www.achancetochange.org) or scan the QR code below with your smartphone camera**



In-person and virtual appointments are available.