



EMPLOYEE ASSISTANCE PROGRAM (EAP)

YOUR EAP IS HERE FOR ALL OF LIFE'S DISRUPTIONS – BIG OR SMALL.

Your employer understands that life stressors can take a toll on your work and personal life, and that getting the mental health support you need is important. The Employee Assistance Program by A Chance to Change provides confidential, professional assessment services and referrals for you and the members of your household..

This program is a free benefit to you paid for by your employer. You as the employee and members of your household are eligible for a number of individual or group sessions every calendar year. Together with an ACTC professional, you will discuss the issues and create a plan of action. Most challenges can be handled with short-term services.

EAP services are private and confidential. If you use all of your allotted EAP sessions but still need care, we accept your company's health insurance and most private insurances plans.

TO SCHEDULE:

**Please contact us
to inquire about
the number of
sessions
available to you.**

CONTACT US



2113 W. Britton Rd.
OKC, OK, 73120



info@achancetochange.org



405-840-9000



www.achancetochange.org

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 **405.840.9000**
- Email us at **info@achancetochange.org**
- Contact us at **www.achancetochange.org/i-need-help** or **scan the QR code below** with your smartphone camera



In-person and virtual appointments are available.