

Employee Assistance Program (EAP)

Main Company Page: <https://www.theeap.com/>

Phone: 1-800-252-4555

- [EAP Handout](#)

EAP Handout

(Registration Info) Organization Name: **S.C. Swiderski, LLC**

******start typing it in and it will then populate the full name, click to select**

Help for minimizing your problems and maximizing your opportunities

We all face problems from time to time. Usually, we can handle them ourselves but sometimes it makes more sense to reach out for help.

That's why your employer provides you and your family with a confidential Employee Assistance Program or EAP, a benefit offering resources and solutions for the problems you encounter. Just as health insurance addresses your physical health, your EAP benefits help with your emotional and mental well-being. And your EAP benefits also include much more than just help for problems – we have a host of benefits and opportunities to help you grow professionally, save money, improve your health, and enhance your personal life! Best of all, because your employer has covered the cost of services, there is no cost to you.



GETTING THE HELP YOU NEED
Call anytime for confidential assistance. To reach a counselor for any of your EAP needs, call toll free:

800-252-4555 OR VISIT www.theEAP.com

COUNSELING BENEFITS

Help with personal issues from relationships to stress and substance abuse.

WORK/LIFE BENEFITS

Assistance for other personal, financial and legal issues.

SELF-HELP RESOURCE BENEFITS

Access a vast collection of self-help tools and articles.

PEAK PERFORMANCE COACHING

One-to-one telephonic personal & professional coaching.

LIFESTYLE SAVINGS BENEFITS

Get negotiated discounts and deals for wellness, shopping, travel & more.

PERSONAL DEVELOPMENT & TRAINING BENEFITS

Over 10,000 eLearning opportunities to grow in your work, life, and career.

WELLNESS BENEFITS

Coaching, information, and resources to improve your overall wellness.

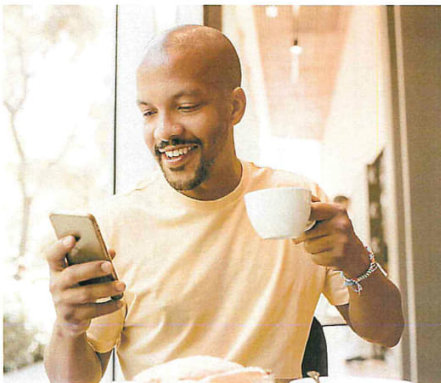
GETTING HELP IS SIMPLE

Just call **800.252.4555** 24/7 to reach a professional counselor.



Introducing your Employee Assistance Program

Get help for problems, grow personally, develop professionally, save money & enhance your life!



Scan to Explore Your EAP Benefits!



HOW DOES THE EAP WORK?

Getting the help you need is simple. Call the EAP 24 hours a day, 7 days a week to reach a professional counselor via our toll-free number or log on to our website to access other benefits.

800-252-4555
www.theEAP.com

MORE BENEFITS FOR YOU

Your EAP provides access to more problem-solving solutions and life enhancement benefits than any other EAP. And nearly 99% of those who use the EAP are satisfied with the experience.



COUNSELING BENEFITS

Many complex issues are best resolved with counseling assistance from a behavioral health professional. You will want to consider calling for help if you encounter problems such as:

- Relationship and family issues
- Depression, stress, or anxiety
- Grief or loss of a loved one
- Eating disorders or substance abuse
- Workplace difficulties

When you call, you connect immediately with a counselor. Each of our experienced counselors has a Masters or Ph.D. level of training. Should you need to be referred to a local counselor for personal visits, we have more than 40,000 providers available to ensure that you will have a counselor near your home or workplace.



WORK/LIFE BENEFITS

Help for personal, family, financial, and legal issues is available for your everyday work/life problems, including:

- Debt counseling and restructuring
- Legal problems not related to employment or medical concerns
- Childcare and elder care assistance
- Financial information
- Caregiver help and resources
- Real estate and tenant/landlord concerns
- Interpersonal skills with family and co-workers
- Pet Help Center

SELF-HELP RESOURCES

Access thousands of tools and informative articles covering virtually every problem you might face. You can call or log on to the website to access these benefits. Resources include:

- Behavioral Health - information on everything from alcohol abuse to personal stress
- Financial - articles and tools to help answer your questions and learn money management
- Legal Information - topics ranging from adoption to wills
- Tools for Tough Times - resources to help you do more with less in difficult financial times

PEAK PERFORMANCE COACHING

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

Coaching is available for:

- Certified Financial Coaching
- Balancing Life at Work and Home
- Resilience
- Effective Communication
- Home Purchasing
- Student Debt
- Yoga & Relaxation for Beginners
- Workplace Conflict
- Retirement (Practical & Emotional Aspects)
- Succeeding as a Supervisor

LIFESTYLE SAVINGS BENEFITS

Your Lifestyle Savings Benefits include thousands of specially negotiated ways to shop, travel, entertain, and improve your health and your quality of life. Explore deals, discounts, and perks from your favorite national brands.

PERSONAL DEVELOPMENT AND TRAINING BENEFITS

Our online training includes more than **10,000 eLearning courses, trainings, and videos** to help you boost your personal and professional growth. Balance your work, life, and career objectives with the help of tutorials, exercises, and worksheets.

WELLNESS BENEFITS

The EAP wellness benefit allows you to access information and resources to improve you and your family's overall wellness including stress reduction, fitness, diet and smoking cessation.

- Online Wellness Center
- One-to-One Wellness Coaching from certified coaches for nutrition, weight loss, fitness, reducing stress and quitting tobacco.



TotalCare EAP can help with virtually every area of life



PERSONAL

Personal Stress
Anxiety
Alcohol Abuse
Drug Addiction
Depression
Medical Conditions
Grief/Bereavement
Gambling
Weight Control
Anger
Chronic Pain/Illness

Eating Disorders
Life Transitions
Pregnancy/Post Partum
Personal Trauma
Sexual Concerns
Domestic Violence
Learning Disabilities
Smoking
Men's/Women's Issues
Nutrition



FAMILY & RELATIONSHIPS

Marital
Parenting
Caregiving
Childcare
Eldercare
Education Planning
Adoption
Family Pets
Special Needs Child
Blended Families

Teen Issues
Domestic Partners
Physical Abuse
Family Relocation
Sandwich Generation
Military Life/Separation
Disaster Preparedness
Communication
Keeping Children Safe



FINANCIAL & LEGAL

Debt
Credit Card Issues
Financial Loss
Bankruptcy
Budgeting
Retirement Planning
Wills & Trusts
Real Estate Law
Car Buying
Immigration
Divorce
Civil Suits

Criminal Law
DUI/DWI
Landlords & Tenants
Homeowner Concerns
Taxes
Insurance
Consumer Law
Contracts
Personal Injury
Child Custody
Social Security



WORK & CAREER

Employee Conflict
Work Related Stress
Coaching
Supervisor Conflict
Team Development
Career Planning
Management Skills
Supervising Others

Time Management
Skills Development
Project Management
Motivating Self & Others
Valuing Diversity
Managing Change

800-252-4555
www.theEAP.com



Your Online EAP Benefits



 To access over 25,000 self-help tools, resources and training for employees, managers and family members:

1. Go to www.theEAP.com and click the **Employee & Family Login**.

2. Enter your unique Username and Password **OR** if you have not registered, complete steps **(a)** and **(b)**.

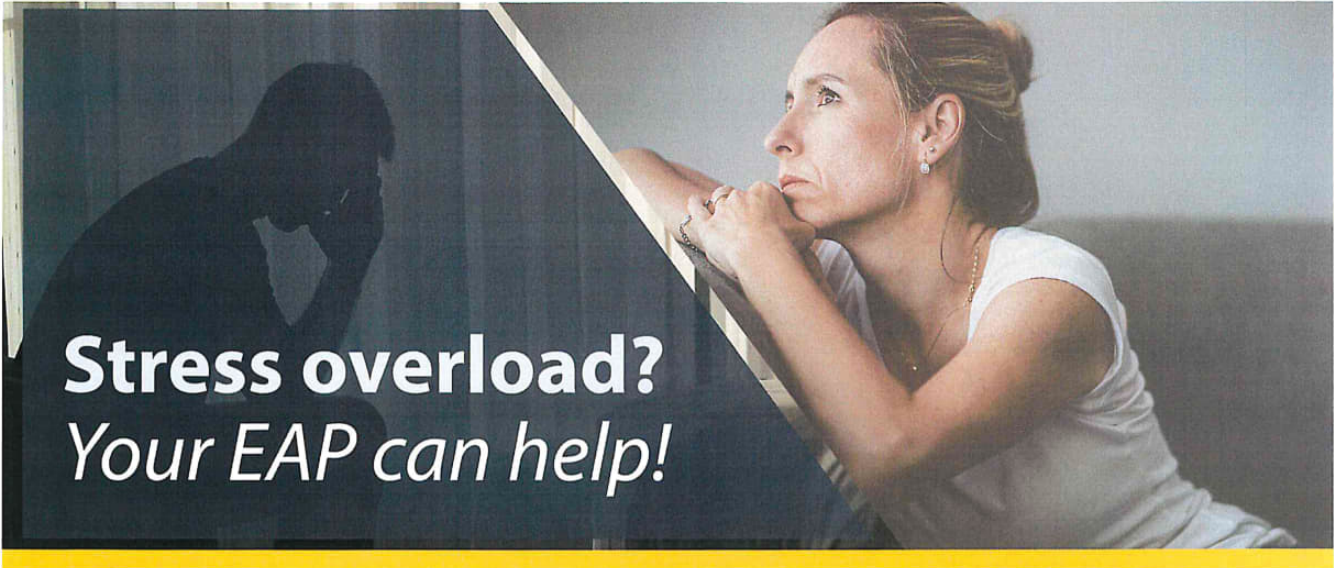
(a) Click on **REGISTER**.

(b) Fill out the Registration form to create your own Username and Password, then click **Register**.

3. You only need to register once!

IMPORTANT!

Our Self-Help resources are best experienced with a modern browser such as: **Google Chrome, Mozilla Firefox and Safari**. These browsers are continually maintained and receive updates from their support to ensure a safe, secure, and hassle free environment.



Stress overload? *Your EAP can help!*

Stress is one of the main reasons people turn to ESI EAP for coaching and counseling. A stress overload can hurt your health. Stress is linked to **diabetes, heart disease, weight gain, and other medical conditions.**

Your EAP stress resources can help!

The pandemic has been kicking everyone's stress level into overdrive! If things seem to be too much for you or a family member, ESI EAP offers a variety of stress management resources to our employee Members, including:

- 24-7-365 access to experienced Counselors via our helpline
- Telephonic one-to-one Coaching programs in Stress Management
- Self-Help Resources at www.theEAP.com
- Stress Management & Resilience Trainings

To access a Counselor or a
Stress Coach, simply call:



1-800-252-4555

To access online support
resources, simply login at:

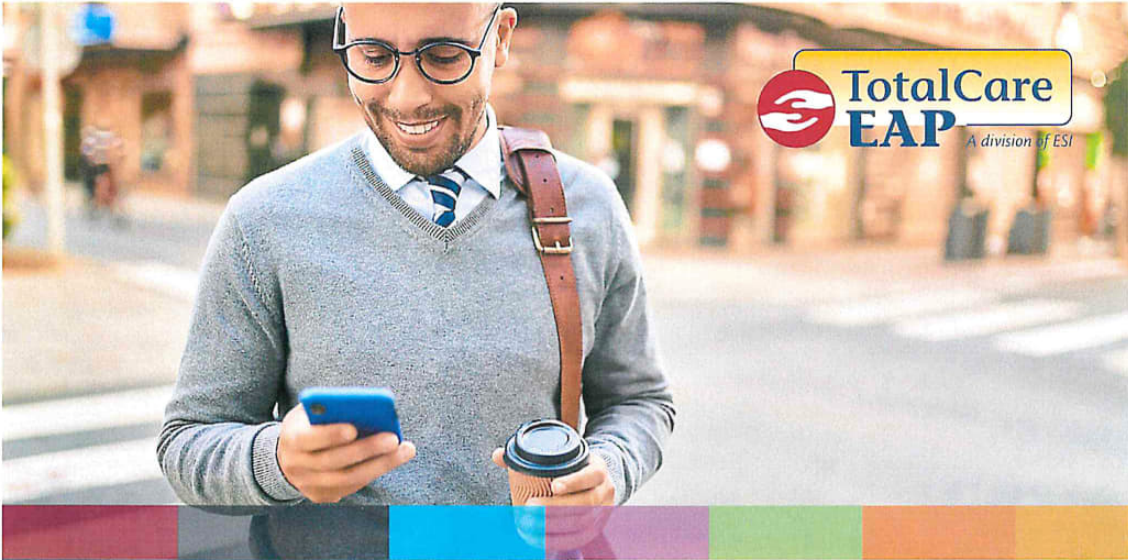


theEAP.com



Scan the QR code
to explore your
EAP benefits!





Self-Help Resources

A vital benefit to help with everyday issues!

Access 25,000+ trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

Other topics include:

- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

More benefits, higher satisfaction.



Scan with Your Device to Explore Your EAP Benefits!



1-800-252-4555



www.theEAP.com

Check in often for fresh content: Legal articles from NOLO • Health topics from Krames Staywell • New monthly trainings and featured Webinars • Articles on timely issues, plus useful Resource Centers, including:

▶ **CONNECTIONS/WORK-LIFE**

Caregiver and elder care support, disability support, family life, and interpersonal relationships.

▶ **LIFESTYLE SAVINGS BENEFIT**

Discounts, rewards and perks on brand-name goods and services.

▶ **TRAINING CENTER**

An extensive library of personal and professional development trainings in user-friendly formats. Plus, new Learning Centers & Training Bites.

▶ **EMOTIONAL WELLBEING**

Assess your overall emotional wellbeing with screenings for depression, anxiety, substance abuse, and more.

▶ **WELLNESS CENTER & PHYSICAL HEALTH**

Information on health conditions and illnesses, plus tools on dieting, nutrition, stress, smoking cessation, and physical fitness.

▶ **PERSONAL FINANCE & EDUCATION**

Financial calculators, budgeting, investing, debt management, and other tools.

▶ **LEGAL**

Will templates, forms, contracts, and information from NOLO on consumer rights, landlord-tenant issues, real estate, family law, and other legal topics.



**IT'S EASY TO
ACCESS SELF-HELP
RESOURCES!**

1. Go to www.theEAP.com and click the **Employee and Family login** button.
2. If you've already created a User Name and Password, simply log in.
3. If this is your first visit, click **REGISTER** and fill out the form to create your User Name and Password.

*** You only need to register once.**



1-800-252-4555
www.theEAP.com



NEW! *Lifestyle Savings Benefit!*

*Who doesn't like a deal?
And who doesn't like savings?*

Scan the QR code
to explore your
EAP benefits!



Now you can enjoy thousands of discounts and cash back offers as one of your EAP benefits. Just logon to your EAP website. Explore deals and discounts from your favorite national brands.

Here are just a few of the many areas where you can find savings:

- Health and Wellness
- Auto
- Electronics
- Apparel
- Restaurants
- Entertainment & Tickets

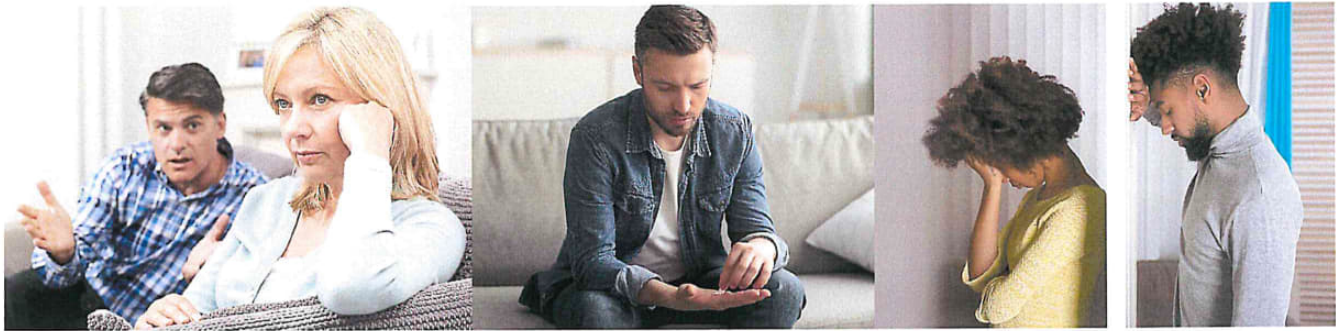
- Beauty and Spa
- Flowers & Gifts
- Insurance & Protection
- Sports & Fitness
- Food
- *And many more!*

To explore this great benefit, simply logon to www.theEAP.com and click on the **Lifestyle Savings Benefit** tile.

www.theEAP.com | 800.252.4555



Lifestyle Savings Benefit



Does alcohol or drug use cause problems in your life?



Scan the QR code to explore your EAP benefits!

Your EAP can help!

Since the pandemic, there is an alarming increase in substance use. Drug overdose deaths have soared to an all-time high. The increased depression, anxiety, stress, isolation, grief, and financial worries many are experiencing have worsened an already difficult problem.

How do you know when it's time to reach out for help?

Does alcohol or drug use by you or a loved one ever:

- Disrupt your work, family, relationships, or responsibilities?
- Have a negative effect on your mental or emotional health?
- Risk your safety or health?
- Create money problems or financial stress?
- Cause anxiety, discomfort, irritability, or illness when stopped?
- Result in arguments?
- Pose difficulties when trying to limit or stop use?
- Continue even after negative consequences?

Your EAP is here to help!

You and your immediate family members are eligible for a variety of free, confidential help options:

- **Call to talk with experienced counselors** who will work with you to determine the best of many available help options, from outpatient counseling, group programs, or inpatient treatment.
- **Access one-to-one telephonic** substance abuse coaching programs.
- **Log in to your EAP Self-Help Center**, where you can explore a vast array of substance resources, including drug and alcohol self-assessments, articles and videos.
- **Get counseling or online help** for related issues, including health, family problems, domestic violence, legal issues, and more.

Get relief and help - call your EAP today!

We are available 24/7/365. All calls are confidential.



1-800-252-4555
www.theEAP.com



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Legal Benefit *from your EAP*



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

ESI has an innovative benefit designed to help Members with personal legal concerns:

- Wills
- Traffic Violations
- Criminal Cases
- Divorce
- Child Custody
- Probate issues
- Bankruptcy



How to Access The Legal Benefit



Access the EAP Online Legal Library

1. Call **800.252.4555** or **800.225.2527**
2. Describe your issue to the EAP Counselor
3. You will be connected with an attorney
4. There is no charge for your initial phone consultation (*up to 30 minutes*)
5. If you need to hire an attorney, you will be referred to a local independent lawyer specializing in your area of concern.
6. The billable hourly rate is discounted by 25%
7. Entire legal library available on the EAP website includes Will templates, contract samples and more.

1. Log on to **www.theEAP.com**
2. Click the **Employee & Family Login**
3. If you have already created a User Name and Password, simply enter that information in the appropriate boxes. **If you have not registered, complete steps 4-5.**
4. Click on **REGISTER**
5. Fill out the Registration Form and create your own User Name and Password, then click **REGISTER**. **You only need to register once.**
6. Click the **Legal icon** and explore.

Exclusions: The legal benefit is not available for issues related to employment, corporate law or medical concerns.

www.theEAP.com | 1.800.252.4555

More Benefits, Better Results than any other EAP.

