

# EAP Handout

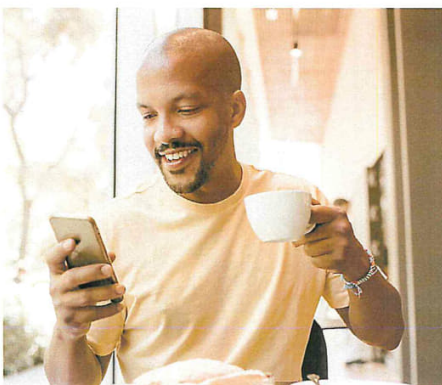
(Registration Info) Organization Name: **S.C. Swiderski, LLC**

**\*\*\*\*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 HELP IS SIMPLE**  
Just call **800.252.4555** 24/7 to reach a professional counselor.

**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](http://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.



Scan to Explore Your EAP Benefits!



## Introducing your Employee Assistance Program

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

### 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](http://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](http://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)**.

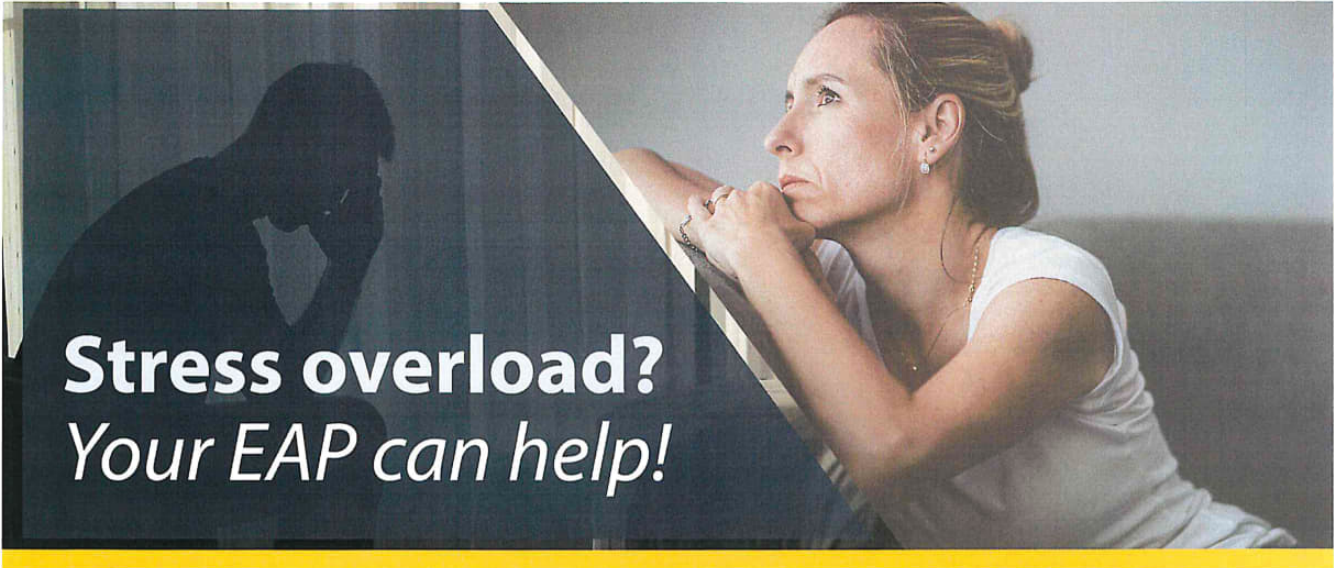
**(a)** Click on **REGISTER**.

**(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](http://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:

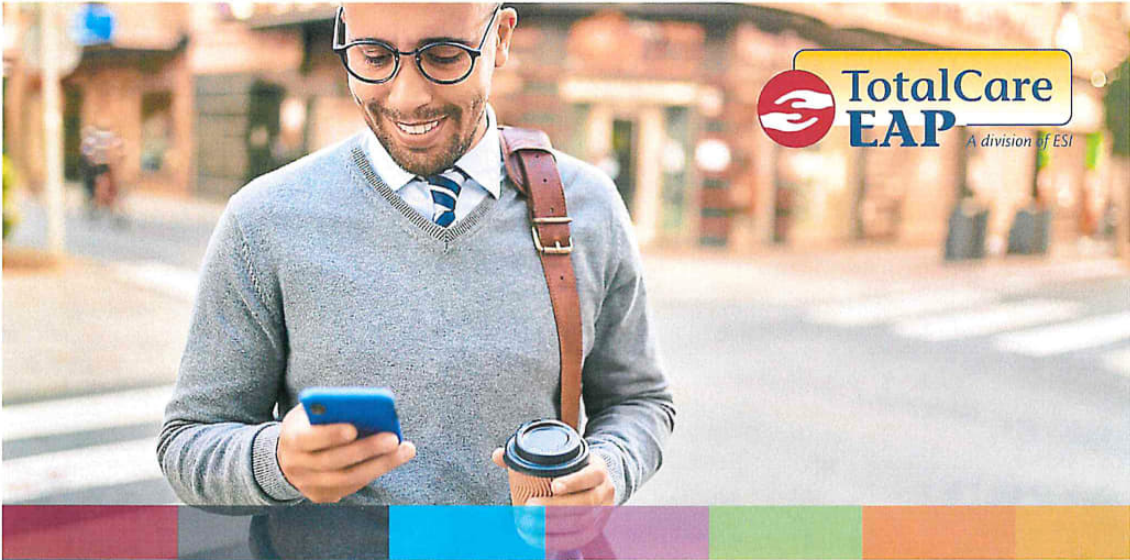


**theEAP.com**



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](http://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](http://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](http://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:**

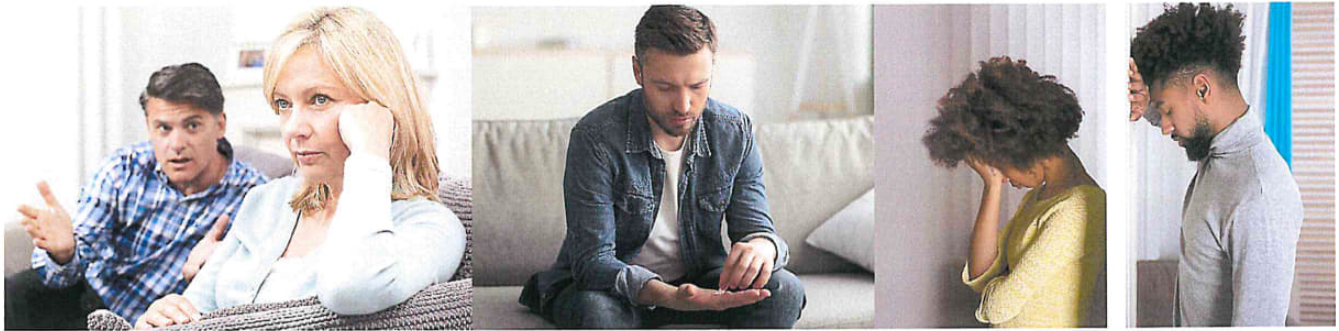
- Health and Wellness
- Auto
- Electronics
- Apparel
- Restaurants
- Entertainment & Tickets

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

To explore this great benefit, simply logon to [www.theEAP.com](http://www.theEAP.com) and click on the **Lifestyle Savings Benefit** tile.

[www.theEAP.com](http://www.theEAP.com) | 800.252.4555





# 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.***

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