

# Reminder: EAP is here to help!

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Finding resources and healthy ways to cope with stress will make you, the people you care about, and your community *stronger*.

If you, or someone you care about, are feeling overwhelmed with emotion, if you just want to call to talk with someone about how you are feeling or if you need help finding resources call us:

**1-800-287-2173**



“ I was feeling completely **overwhelmed** in my **marriage** and work was so **stressful**. **EAP** helped me regain a sense of balance and resiliency, and I’ve been doing much better. ”

TESTIMONIAL FROM A VERMONTER WHO ACCESSED INVEST EAP



## FINANCIAL AND LEGAL HELP

Free advice and planning from local attorneys, accountants, and other professionals ready to help with your needs.



## COUNSELING

Solution-focused sessions help you with any problem you may be facing: parenting, divorce, anxiety, depression, and more.



## BEHAVIORAL HEALTH

There is no health without mental health. EAP's approach takes a holistic approach to your total wellbeing and increases your resiliency.



## LIFE RESOURCES

Unlimited consultation, assessment, and customized referrals for major life issues such as childcare, eldercare, adoption, housing, transportation, and more.

COUNSELING

RESOURCES

REFERRALS

WORK CONFLICT

WELLNESS



Centers for Wellbeing

INVEST EAP is a member benefit provided by the Vermont Education Health Initiative (VEHI)

24/7/365: 1-800-287-2173 | [WWW.INVEST EAP.ORG](http://WWW.INVEST EAP.ORG)  
Create a login. Organization Password: **vsbit**

# Highlights of your EAP services

Invest EAP is a free, confidential, Vermont-based program that helps you and your family members.

## Here's what you can access immediately:

- ⇒ EAP-dedicated staff, with clinicians throughout Vermont
- ⇒ Local counselors
- ⇒ **Recovery-friendly and substance abuse-referral services**
- ⇒ **Legal and financial advice**, and a comprehensive online resource center
- ⇒ **24/7/365 hotline** staffed by therapists
- ⇒ Excellent usage by staff and families across New England
- ⇒ Marital, family, and other **relationship issues**
- ⇒ **Alcohol or substance use concerns** for yourself or loved ones
- ⇒ **Grief and loss**
- ⇒ Balancing work and family
- ⇒ **Depression, anxiety, and PTSD**
- ⇒ Career transitions and work-related concerns
- ⇒ Personal growth and development
- ⇒ Smoking cessation
- ⇒ Healthy lifestyles
- ⇒ ...and much more. **If it's on your mind, give us a call!**



## EAP: here when you need us

Not sure what to do about a problem or who to turn to? Not sure if it's something we can help with? **Call us anyway!** Our approach is positive and proactive and we offer services to answer any need. We are eager to serve you and encourage you to call us for free confidential help.

All of our staff are licensed counselors with considerable experience in work/life issues.

**You and any of your household members can also access** resources, self assessments, and a complete online orientation outlining your benefits at **[www.investeap.org](http://www.investeap.org)**

(Create a login. Organization Password: **vsbit**).

**1-800-287-2173**

(toll-free 24/7/365 hotline for all EAP services)

*Note: Regardless of membership status, no caller will be turned away.*

