

## EMPLOYEE ASSISTANCE PROGRAM

### Benefits

#### Who is an Invest EAP Member?

---

- Anyone who belongs to or works for an organization that contracts with us
- Any household members of those employees
- Any Vermont dairy farmer and their household members

#### Member Benefits

---

- **Confidential short-term counseling**, including assessment, resources and referrals.

- Counseling and support on a wide range of **personal issues**, including:

> Relationship and Family Issues	> Healthy Lifestyle Changes
> Drug and Alcohol	> Workplace Conflict
> Mental Health	> Legal issues
> Grief and Loss	> Financial Problems
> Medical and Illness	> Stress Management
> Disability	> Parenting techniques
> Eldercare	> Transportation Issues
> Childcare	> Housing Issues

- Referrals to a private counselor who fits best with your insurance coverage (for issues that would benefit from more than short-term EAP support).
- 
- **Website resources** at this site, including self-assessments, videos, articles and helpful links in the Members/Employees section. <http://www.investeap.org/benefits.asp>
  - A **quarterly wellness newsletter**. If you don't already receive this from your organization, simply go the newsletter section of the website and you can sign up for an electronic version that we'll send to you directly.
  - **Legal information** and **lawyer referrals**, including a 30 minute free consultation with a network attorney and a 25% discount off standard fees if you need to retain the attorney for ongoing work.
  - **Financial consultation** including debt counseling, budget review and strategy, and information on more complex money matters such as investment and tax planning
  - **Childcare** resource information
  - **Eldercare** resource information
  - **Disability** and **Disease** Management
  - **24/7 access** to a counselor by telephone toll free number (1-800-287-2173)
-