

Reminder: EAP is here to help!

Our company is pleased to offer employees and their families a **local, free, independent EAP** to support you and your household members.

This is a stressful time. Family dynamics, worries over the pandemic, money, work/life balance, substance abuse, legal problems: you name it, and EAP helps with it.

Invest EAP is a **confidential** clinical and wellbeing agency with a signature Vermont-based approach to provide counseling and resources to your entire household. **No problem is too big or too small.**

Call them today at 866-660-9533



“ 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 VERMONT RESIDENT 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, sadness, and anything else on your mind.



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

24/7/365: **866-660-9533** | **www.INVEST EAP.org**

[use our organizational password to create a login]