



866-660-9533

(24/7, free)

Help Starts Here.

GMHEC's Employee and Family Assistance Program

Invest EAP is Here for You

Invest Employee and Household Assistance Program (EAP) is our new free, confidential, and independent program that supports the health, safety and well-being of you and your household. **When you're ready to talk, EAP is here for you.**

Personalized Solutions

Are you feeling the impacts of the ongoing pandemic, societal injustices, financial worries, or workplace stress? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to request an appointment online? It's easy!

Scan the QR code or click here:

www.investeap.org

(org password is gmhec)

How It Works

EAP is easy to access. Our program includes **individual counseling with our licensed therapists, legal and financial consultations, and resources for anything** that's on your mind. Contact us and receive **confidential support**, guidance on a **plan of action**, health and wellness coaching, and other helpful supports.

This benefit includes everyone in your household.

Private and Confidential

Your participation in EAP is **voluntary and strictly confidential**. Your employer will not know that you contacted us or what you talked about.

I think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

Why do I feel so angry all the time?

Our approach is positive and proactive. EAP is eager to help you with free, confidential counseling and resources — no matter how big or small your problems might be.

Get in Touch 24/7

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

www.investeap.org | password: gmhec

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