

# Invest EAP

## Centers for Wellbeing



Your **free, confidential** employee assistance program offering resources, referrals, and support for you and anyone living in your household.

### Real help – when you need it.



**Counseling and Crisis Support**  
Support and counseling to for *anything* on your mind; including any critical or urgent needs, 24/7.



**Legal and Financial Advice**  
Confidential expert advice and resources, including free 30-minute consultations.



**Wellness Support**  
Assistance with personal, health and wellbeing goals, including a digital monthly wellness newsletter.



**Stress Management**  
Support with building resilience to help manage any personal or work-related sources of stress.



**Online Resource Platform**  
Robust website including self-assessments, videos, wellness resources, resiliency toolkits, and more! Sign up [here](#) for our free virtual wellness workshops.



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