



INVEST EAP/CENTERS FOR WELLBEING

EAP Is Here For The Whole You



Support for Every Dimension of Your Wellbeing

At EAP, we think of true wellbeing as being **healthy and balanced across every dimension of life**. Wellness is more than just being free of disease: it's having a purpose, being emotionally healthy, taking an active involvement in your work and in your leisure time, having joyful relationships, and nurturing all the dimensions of your world.

What EAP Does For You

Invest EAP is a free, confidential program available to you and your household members. We're here to give you **real help when you need it**. Your EAP includes:

- ✓ Mental health support, including counseling and a 24/7 hotline
- ✓ Stress reduction and work/life balance
- ✓ Local staff with a positive and proactive approach

Counseling



It's good to talk. Our counselors are supportive and offer solution-focused counseling or crisis support.

Financial and Legal Sessions



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.

Resources and Referrals



Solutions to help manage any personal or work-related sources of stress.

...and anything else!



Other people feel the way that you do, and we're helping them. **If it's on your mind, we can help.**



Contact Us 24/7:
866-660-9533



Scan to request
an appointment!

www.investeap.org

Create a login using org password **midd**