Educators' EAP — A division of ESI

Dear Employee & Family Members:

We wanted to remind you about an important benefit: **ESI's Employee Assistance Program** -- or EAP, for short. If you aren't taking advantage of it, you should be! Here's why:

This free benefit offers you and your family a wide variety of tools and services to help with life issues or problems that might affect your daily life at work or at home. It also includes training and other resources for your personal growth and development.

[Watch the Video!](#)

Or, **[click here](#)** to view a flyer that highlights the services and benefits available through the EAP.

Here's a sampling of issues that your EAP addresses:

Marriage & Family ▪ Stress ▪ Legal Problems ▪ Debt ▪ Childcare ▪ Elder Care ▪ Grief
Pet Problems ▪ Education Planning ▪ Scholarships ▪ Depression ▪ Anxiety ▪ Taxes ▪ Wills ▪
Smoking Cessation ▪ Wellness ▪ Adoption ▪ Substance Misuse ▪ Mental Health ▪ Divorce

Your EAP also offers thousands of personal and professional development opportunities, from webinars and online trainings to one-on-one telephonic coaching in the following areas:

Certified Financial Coaching ▪ Home Purchasing ▪ Resilience ▪ Effective Communication ▪
Balancing Life at Work & Home ▪ Student Debt ▪ Relaxation Coaching for Beginners ▪
Workplace Conflict ▪ Practical Aspects of Retirement ▪ Succeeding as a Supervisor

In addition, the Lifestyle Savings Benefit includes a menu of discounts, rewards and perks on thousands of products and services that you purchase every day.

There are many more benefits, so we encourage you to explore them and share them with your household. To access your EAP, simply call the **toll-free number 1-800-252-4555** to talk with a counselor or coach. You can also visit your EAP online at **www.EducatorsEAP.com** for thousands of problem-solving resources and self-help tools.

If you need help of any kind, we encourage you to take advantage of this no-cost, confidential benefit.

Your EAP is here for you and your family members!