

Acentra Health Employee Assistance Program (EAP) is a complimentary service available to you through your employer. The EAP provides counseling sessions at no cost to you, as well as a wide variety of services to enhance overall wellbeing and support healthy work-life balance. Services and commonly addressed issues are described below. The program is completely confidential. **Call anytime to learn more or to get started.**

## EAP Products and Services



### Immediate 24/7 Support & Guidance

Toll-Free Phone: 1.800.607.1522  
EAP Website: [www.EAPHelplink.com](http://www.EAPHelplink.com)  
Company Code: WEBEAP



### Solutions-Focused Counseling

Whether you are dealing with stress, or issues with relationships, parenting, substance abuse, and more, we can help. Let us help connect you with a highly qualified counselor for in-person, phone, or video sessions. You are eligible for up to 5 free confidential counseling sessions per issue, per year.



### Legal & Financial Services

Legal and financial concerns can be stressful, complicated, and time-consuming. Reach out today for a free 30-minute consultation with an attorney or Money Coach, per each legal or financial matter, per year. Should you choose to retain the professional you will receive 25% off the regular rate.



### Caregiver Support Services

Are you looking for childcare, summer camps, afterschool activities, back-up care, or more? Need help finding referrals for assisted living facilities or in-home care for an older parent? We can help. Reach out to speak to one of our Childcare or Eldercare Specialists, available 24/7. In addition to referrals, they can offer expert advice and guidance tailored to your area of need.



### Work-Life & Convenience Services

Let us do the leg work when it comes to researching fitness centers, colleges, adoption services, relocation services, volunteer opportunities, pet care, entertainment, doctors, home repair services, and so much more. Your time is too valuable; our research team is standing by to do the work for you.



### Website Tools & Resources

Your EAP website is your one-stop resource for tools, articles, webinars, educational videos, legal forms, financial calculators, self-serve look-ups, and more. Your website and code is listed above.



### Savings Center

Also through the EAP website, you can access the Savings Center. This is a discount shopping program that is provided through the Perks At Work website. It offers discounts of up to 25% on name brand, practical, and luxury items, and access to free online classes.