

Welcome to your new **EAP**

GMHEC is pleased to offer employees and their families a **local, free, independent EAP** to support you and your household members.

No one is immune from life's challenges. Family dynamics, worries over the virus, money, work/life balance, substance abuse: you name it, and EAP helps with it.

Invest EAP is a **confidential** clinical and wellbeing non-profit with a signature personalized approach to providing counseling and resources to your entire household. **No problem is too big or too small.**

We're looking forward to supporting you!



“ I was feeling completely **overwhelmed in my marriage** and work was so **stressful. EAP** helped me regain a sense of balance and resiliency, and I've been **doing much better.** ”

TESTIMONIAL FROM A VERMONTER WHO USED INVEST EAP



FINANCIAL AND LEGAL HELP

Free referrals to attorneys and free advice from financial professionals ready to help with your needs.



COUNSELING

Our solution-focused sessions help you with any problem you may be facing: parenting, divorce, anxiety, depression, and more.



BEHAVIORAL HEALTH

There is no health without mental health. Our approach takes a holistic approach to your total wellbeing and increases your resiliency.



LIFE RESOURCES

Unlimited consultation, assessment, and customized referrals for major life issues such as childcare, eldercare, adoption, housing, transportation, and more.

COUNSELING

RESOURCES

REFERRALS

WORK CONFLICT

WELLNESS



Centers for Wellbeing

24/7/365: **866-660-9533** | WWW.INVESTTEAP.ORG

password: **gmhec**

Highlights of your EAP services

Invest EAP is **free for you and entirely confidential.**

Here's what you can access immediately:

(please note some services being delivered via telehealth during the pandemic):

- ⇒ EAP-dedicated staff, with licensed clinicians and social workers, **local to you**
- ⇒ Individual counseling and clinical support (up to **5 sessions, per person per issue**)
- ⇒ **Recovery-friendly and substance abuse-referral services**
- ⇒ Legal referrals and financial advice and a comprehensive **online resource center**
- ⇒ **24/7/365 hotline** staffed by therapists and specialists
- ⇒ **All of your household members are included**
- ⇒ Marital, family, and other relationship issues
- ⇒ Alcohol or **substance use concerns** for yourself or loved ones
- ⇒ Grief and loss
- ⇒ Balancing work and family
- ⇒ **Depression, anxiety,** and PTSD
- ⇒ Career transitions and work-related consultations
- ⇒ Personal growth and development
- ⇒ Smoking cessation
- ⇒ **Healthy lifestyles**
- ⇒ ...and much more.

If it's on your mind, give us a call!



EAP: here when you need us

Not sure what to do about a problem or who to turn to? Not sure if it's something we can help with? **Call us anyway!** Our approach is positive and proactive and we offer services to answer any need. We are eager to serve you and encourage you to call us for free confidential help.

All of our staff are licensed counselors with considerable experience in work/life issues.

You and any of your household members can also access resources, self assessments, and a complete online orientation outlining your benefits at **www.investeap.org** (and your exclusive web password is **gmhec**).

1-866-660-9533

(toll-free 24/7/365 hotline for all EAP services)

