

# Welcome to your new **EAP**



St. Michael's College 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 ACCESSED 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](http://WWW.INVESTTEAP.ORG)

password: **gmhec**

