



EAP

In The Moment (ITM) Support

You May Call the EAP for Brief In-The-Moment Support

10 minutes, 15 minutes, whatever time you have

Your Employee Assistance Program (EAP) provides you with access to licensed clinicians who are available to listen and talk with you about any issue you may be facing.

Taking care of yourself while taking care of others can be challenging even without the added stress and responsibilities created by COVID-19.

When You Call First Choice Health's EAP:

- 1 | You will be connected with a **Client Relations Specialist (CRS)**
- 2 | The CRS can help you arrange ongoing support & can connect you with a **Licensed Clinician** for in-the-moment (ITM) support, if requested
- 3 | If you elect ITM support, you will **immediately** be transferred to a **Licensed Clinician**

(800) 777-4114



www.FirstChoiceEAP.com



Program Cost

This is a **FREE** benefit provided and paid for by your employer at no cost to you.



Confidentiality

The EAP is confidential. We follow all federal and state privacy laws.



Available 24/7

Services are available 24-hours a day, 7-days a week.