

## **Welcome to your new POOL/PACT Employee Assistance Program (EAP)!**

Effective July 1, 2020, Kepro will offer our new POOL/PACT EAP to provide free services to all benefit eligible full and part-time employees as well as their household members. The EAP is here to provide an abundance of resources to help you manage everyday challenges or significant life events through a robust support network of local resources.

Although there is no exhaustive list, some examples of issues the EAP may address includes:

- Improving relationships
- Parenting
- Couples' support
- Managing stress
- Managing life changes
- Career success
- Managing workplace pressure
- Improving esteem and confidence
- Information on financial or legal issues
- Manager consultation and coaching
- Maintaining physical health

Your Employee Assistance Program is available to provide:

- **24 hours a day, 7 days a week, 365 days a year support** - At any time of the day or night, weekends, and over holidays, you will be able to reach an Employee Assistance professional.
- **Online and mobile accessibility to resources and referrals** - Our website and mobile app allow you to connect to a robust offering of childcare, eldercare, and convenience resources in addition to other useful information and self-assessment tools.
- **Legal and Financial consultation** - Up to thirty-minute no cost consultation with an attorney or financial consultant are available on a variety of legal and money management concerns. Attorneys are available following the no cost consultation at a 25% discounted fee.
- **Confidential Counseling and Support** - The EAP offers up to four (4) counseling sessions per issue, per year to all eligible members. All discussions between you and your EAP professional are confidential.

From time to time, everyone experiences situations that affect their general wellbeing. The POOL/PACT Employee Assistance Program is a resource to help employees be more successful at meeting their responsibilities and assisting you in creating solutions that will allow you to be healthier, happier, and more productive. Remember, this is a free service available to you 24 hours a day/365 days per year.

**To learn more about your EAP or to request services please contact us!**

**Call Toll-Free: 1-833-430-6028**

**[www.EAPHelpLink.com](http://www.EAPHelpLink.com)**

**code: POOLPACTEAP**