



Village Employee Assistance Program (EAP) Benefit Summary

Your employer provides you and members of your household access to an Employee Assistance Program (EAP) through The Village. Your Village EAP offers short-term confidential counseling on multiple aspects of life at no cost to you.

1. Your Village EAP program offers professional guidance in areas such as:
 - a. **Relationship issues**- couples counseling, family counseling, parent/child counseling, etc.
 - b. **Emotional health issues**- stress, anxiety, depression, grief, guilt, shame, self-esteem, etc.
 - c. **Drug and alcohol issues**- assessments, evaluation & prevention education (does not include treatment)
 - d. **Workplace issues**- job-related conflict, coping with change, job stress coping skills, sexual harassment in the workplace, promotions, etc.
 - e. **Financial services**- any pressing current financial situation, your overall financial situation, short or long-term financial goals, unsecured debt (credit card, medical, or collection debt), saving (children's education, family emergency fund), etc.
 - f. **Legal services**- family law (divorce, wills, custody) & civil law (housing, harassment, motor vehicle) – 30-minute consultation with an attorney and 25% discount on their services thereafter
 - g. **Wellness resources**-comprehensive online health risk assessment and nutrition counseling.
 - h. **Community-themed wellness classes**- On topics such as parenting, self-esteem, anger management, and mindfulness.
2. It is **strictly confidential**. Unless you ask us to, we won't tell anyone what is discussed in the counseling session.
3. It is **available 24/7, 365** days a year, with **nationwide** accessibility.
4. There is **no cost** to you or members of your household.
5. The **number of sessions available** to a covered individual's household is equal to the number of household members times (x) four (4). As an example, a household with five (5) members would have access to a maximum of 20 sessions (5 members x 4/member = 20 sessions) per 12-month period. Any number of those sessions can be used by any member of the household up to the total number. There is a minimum of 8 sessions per household.
6. It is easy to use. Call **1-800-627-8220** and **identify that you'd like to utilize your Village EAP benefit through your employer** to schedule an appointment. Our helpful staff will then guide you through the process.
7. It provides unlimited access to your comprehensive Village EAP wellness website at www.VillageEAP.com. Visit the site today to access the [3-minute EAP Orientation Video](#) and [Subscribe](#) to receive your monthly EAP newsletter in your personal inbox.

You don't have to go it alone. We are here to help!