

Self-help Resources



A vital benefit to help with everyday issues

To access this benefit, you can call the EAP or log on to the website, www.theEAP.com, for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:

- Adoption & Child Care
- Personal Finance
- Emotional Wellbeing
- Parenting
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education



More benefits than any other EAP.

www.theEAP.com • 1-800-252-4555 • 1-800-225-2527

TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to **www.theEAP.com**
2. Click **Employee & Family Login**
3. If you've already created a User Name and Password, simply enter that information in the appropriate boxes.
If you have not registered, complete steps 4-7.
4. Click on **REGISTER HERE**
5. Enter your employer's name and click Continue
6. Your employer's name will appear; select the button and click Continue
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles •
- 800,000 Child/Elder care providers •
- Personal Growth programs •
- Mental and Physical Health assessments
- Financial tools and calculators •
- Career Development information •
- 900 Health videos •

Plus, important resource centers that include:

CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

TRAINING CENTER

Access to hundreds of personal and professional development trainings and courses.

LOCATORS

Search for child and elder care resources in your local area.

RESILIENCE JOURNEY

An interactive new benefit to help you develop your maximum potential, experience less stress, less depression and improve physical and emotional health.

ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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