

# Mental Health Support is Only a Phone Call Away

## FREE Employee Assistance Program (EAP)

The EAP is available 24/7 for **CONFIDENTIAL** support from a Licensed Professional Counselor.

1. Call **800-854-1446**
2. Speak to a Licensed Counselor for immediate support for any mental health or work/life issue
3. You may choose to schedule a session with a Licensed Therapist. You can request either 3 FREE in-person or virtual sessions per issue (no limit on issues)  
*NEW: Continue virtual visits after 3 for just \$45 per session*
4. Complete a brief intake process online and by email
5. Select the Licensed Therapist of your choice
6. Receive an appointment, usually within 2 days

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Better benefits at work.

**Employee Assistance Program**  
— Work/Life Balance

Toll-free 24/7 access:

- 1-800-854-1446 (multi-lingual)
- [www.unum.com/lifebalance](http://www.unum.com/lifebalance)

✓ *Confidential*