



Help your employees stay focused

Your employees can't always turn off family and other stresses at the beginning of the work day. That's why we've made it easier than ever for them to use their free counseling sessions.

They can share concerns with a counselor anytime and just about anywhere. It's as easy as 1-2-3. They simply:

1. Complete a short online questionnaire.
2. They'll be matched with a therapist within 48 hours.
3. Connect with a counselor virtually with live sessions and/or chat therapy.

Live sessions

Members can meet with a therapist online for a 30-minute televideo, phone or chat live session at a set time.

Chat therapy

Members share text, video or audio messages with a licensed counselor whenever they like. Counselors will respond within one working day up to five days a week. Chat therapy can help your employees:

- Improve focus and performance
- Find opportunities for development
- Manage stress and other issues
- Miss less work

Chat therapy and live sessions provide quick and convenient options for members to reach out for emotional support. To learn more about these and other options for ongoing emotional support, give us a call.

No matter where they are in their journey, we'll be with your employees and their families every step of the way.

*Please note: Chat therapy and live sessions are for individual counseling for members 13 years of age and older. Chat therapy and live sessions should not be considered for meeting requirements for employment, school enrollment, disability or legal documentation. Chat therapy and live sessions in the same week count as multiple sessions.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Talkspace services are provided and managed by Talkspace, Inc., an independent third party. Resources For Living does not oversee or control the services provided by or recommended by Talkspace and does not assume any liability for their services. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.