



Your Peak Performance EAP Benefits

800-252-4555
www.EducatorsEAP.com



For all Life's Challenges...



- ✔ Stress. Grief. Parenting. Anxiety.
Burnout. Relationships. Debt.
Depression
- ✔ **Lean on us:** Using your EAP benefits for all life's challenges, big or small.
- ✔ **We've helped millions** of people improve their mental health, work-life balance, and overall wellbeing. No matter what your challenges, ESI can help you, too!

What is the EAP?

Free employer-provided benefit to assist employees and family members with:

- ✓ Counseling
- ✓ Peak Performance Coaching
- ✓ Resources and referrals
- ✓ Consultation
- ✓ Training
- ✓ Information



Solutions to address a full range of life issues

Your EAP can help with virtually every area of life



PERSONAL

- Personal Stress
- Anxiety
- Alcohol Abuse
- Drug Addiction
- Depression
- Medical Conditions
- Grief/Bereavement
- Gambling
- Weight Control
- Anger
- Chronic Pain/Illness
- Eating Disorders
- Life Transitions
- Pregnancy/Post Partum
- Personal Trauma
- Sexual Concerns
- Domestic Violence
- Learning Disabilities
- Smoking
- Men's/Women's Issues
- Nutrition



FAMILY & RELATIONSHIPS

- Marital
- Parenting
- Caregiving
- Childcare
- Eldercare
- Education Planning
- Adoption
- Family Pets
- Special Needs Child
- Blended Families
- Teen Issues
- Domestic Partners
- Physical Abuse
- Family Relocation
- Sandwich Generation
- Military Life/Separation
- Disaster Preparedness
- Communication
- Keeping Children Safe



FINANCIAL & LEGAL

- Debt
- Credit Card Issues
- Financial Loss
- Bankruptcy
- Budgeting
- Retirement Planning
- Wills & Trusts
- Real Estate Law
- Car Buying
- Immigration
- Divorce
- Civil Suits
- Criminal Law
- DUI/DWI
- Landlords & Tenants
- Homeowner Concerns
- Taxes
- Insurance
- Consumer Law
- Contracts
- Personal Injury
- Child Custody
- Social Security



WORK & CAREER

- Employee Conflict
- Work Related Stress
- Coaching
- Supervisor Conflict
- Team Development
- Career Planning
- Management Skills
- Supervising Others
- Time Management
- Skills Development
- Project Management
- Motivating Self & Others
- Valuing Diversity
- Managing Change

800-252-4555



Who's covered?

- ✔ You & family members living in your home
- ✔ Dependent children up to the age of **26**





Confidentiality

All contacts and counseling records are confidential – except when required by law to disclose:

- ✔ Threats of Harm to Self or Others
- ✔ Child or Elder Abuse

Telephonic Counseling

- ✓ All calls answered 24/7 by expert counselors, ensuring immediate care
- ✓ Counselors are Masters and/or Ph.D.- level experienced clinicians
- ✓ Counselors provide in-the-moment telephonic counseling, support, and information
- ✓ Counselors work with the caller to assess the issues and create an individualized plan



ESI Has More Ways to Meet Individual Therapy Needs



ESI counselors match members with ongoing therapy that best meets their needs and lifestyle.



Employees and family members are eligible for 3 counseling sessions *per life situation, per contract year, based on the EAP plan.**



Each caller is matched to local, in-person counseling, telehealth, text, voice, video, or messaging therapy.



Coordination with your health insurance provider if additional sessions are needed outside of the EAP plan.

* Counseling sessions include in-person, telehealth, text, voice, or video messaging.

Virtual Counseling Option

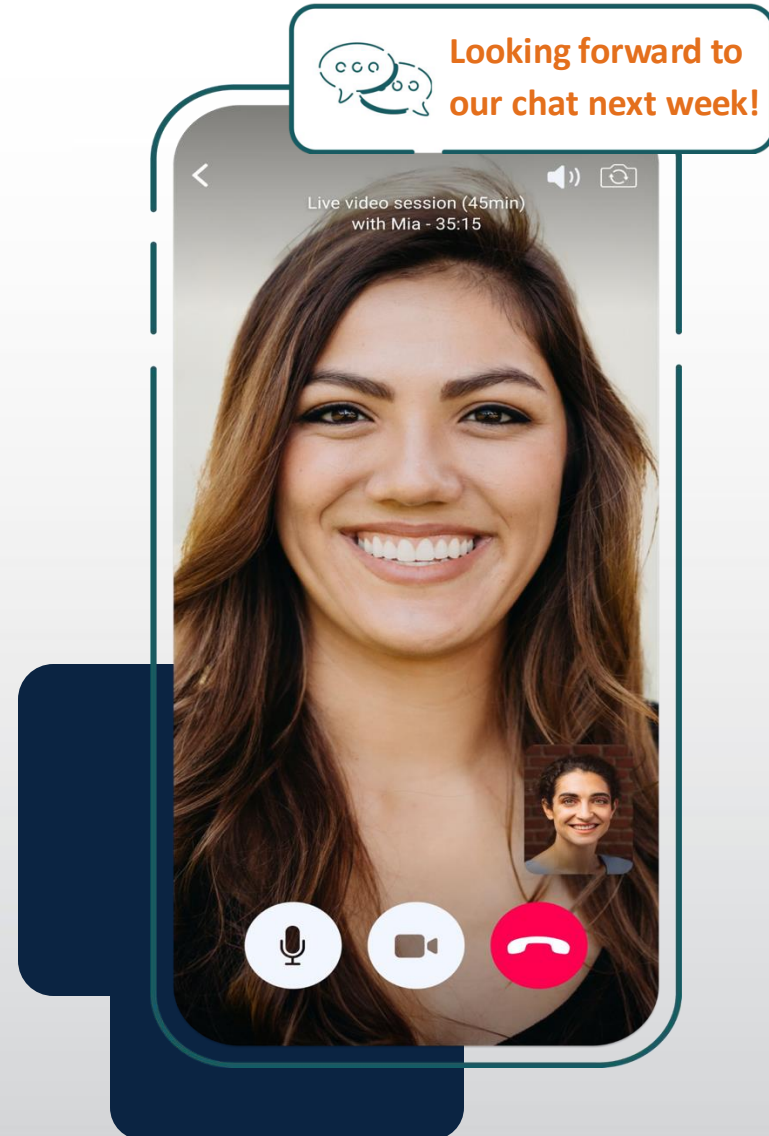
Get matched with a licensed provider within days. Virtual counseling allows you to get support no matter how busy your schedule.

What's included?

- ✔ Live sessions via video, audio or chat
- ✔ Asynchronous messaging (7 days of messaging = 1 session)

Who's eligible?

- ✔ Eligible EAP members 13 years of age or older



Legal Benefit

Designed to help you with personal legal issues

- ✓ Wills, Traffic Violations, Divorce, Custody and more
- ✓ There is no charge for your initial phone consultation (*up to 30 minutes*)
- ✓ If you need to hire an attorney, the billable hourly rate is discounted by **25%**
- ✓ Entire legal library on the EAP website which includes: Will and Power of Attorney templates, contract samples and more
- ✓ The legal benefit is not available for issues related to employment or medical concerns



Peak Performance Coaching

- ✓ Personal Finances
- ✓ Budgeting
- ✓ Saving & Spending
- ✓ Home Purchasing
- ✓ Student Debt
- ✓ Effective Communication
- ✓ Basic Supervisory Skills
- ✓ Workplace Conflict
- ✓ Work-Life Balance



- ✓ Resilience
- ✓ Practical Aspects of Retirement
- ✓ Relaxation Coaching For Beginners
- ✓ Fitness
- ✓ Nutrition
- ✓ Weight Loss
- ✓ Stress
- ✓ Nicotine Cessation
- ✓ Substance Misuse

Financial & Debt Benefit

- ✔ Budgeting
- ✔ Debt counseling
- ✔ Mortgages and home ownership
- ✔ Financial planning referrals
- ✔ Self-help resources on the Member site that include a collection of calculators, budget templates, financial forms *and more!*



Child & Elder Care Benefit

Child Care Referrals

- ✓ Family Daycare, before and after school care, in-home nanny agencies and day camps

Elder Care Referrals

- ✓ In-home care, day care and social programs, transportation, housing options and care managers
- ✓ Self-help resources on the Member site that includes a collection of locators, articles and tools



Educators' EAP Specialized Benefits

Adoption: An adoption counselor assists the Member through the various stages and types of adoptions.

Children with Disabilities: Resource assistance for Members who have a child with a disability.





Personal Research Assistant

Assists Members searching for local community resources and solutions

- ✓ Scholarship and financial aid resources
- ✓ Home-based service needs
- ✓ Support groups
- ✓ Summer camp options





Online Training Center

Our Extensive Library of Training Center Courses

- ✓ Sales & Customer Service
- ✓ Teamwork & Collaboration
- ✓ Building a Respectful Workplace
- ✓ Communication & Conflict Management
- ✓ Safety & Risk Management
- ✓ IT & Software
- ✓ Working Remotely
- ✓ Health & Wellness



- ✓ Digital Wellness
- ✓ Goal Setting
- ✓ Mindfulness, Relaxation, Meditation
- ✓ Building Resilience
- ✓ Budgeting, Saving, Investing
- ✓ Relationships & Parenting
- ✓ Compliance issues: harassment, discrimination, substance abuse

A Variety of Training Formats

Key features include:



Course length varies. Training length ranges from 3-min to over 60 depending on learning need



Video based content



Mobile friendly, available anywhere, any device, anytime



Variety of formats (role play, presentation, newscast styles)



100 new titles added each month

Self-Help Resources

Newly enhanced library of problem-solving tools

- ✓ **Training & Learning Centers** – Thousands of trainings, webinars & Training Bites
- ✓ **Lifestyle Savings Benefit** – Valuable discounts, rewards & perks
- ✓ **Connections/Work-Life** – Elder & childcare locators, caregiving, relationships, parenting
- ✓ **Emotional Wellbeing** – Assessments, screenings & tools for mental health issues
- ✓ **Wellness Center** – Articles & videos on illnesses, nutrition, fitness & more
- ✓ **Personal Finance** – Calculators, budgeting, investing, debt management
- ✓ **Legal** – Templates, forms, wills, NOLO Legal Press information on common legal topics



Educators' Specific EAP Resource Centers

Resource Centers for Educators:

- ✓ Budget Boosters for Educators
- ✓ Bullies and Bullying
- ✓ Parental Challenges
- ✓ Cyber-Safety Resource Center
- ✓ Managing the Classroom



Content to help relieve the most common work stressors.

Centers cover areas ranging from parent and student issues to dealing with budget problems.

Educators' EAP Resource Centers

✓ Tools for Tough Times

If you're experiencing sticker shock at the grocery store, or stressing out over climbing debt, we have tools and resources designed to provide some relief.

✓ Cyber Safety Resource Center

The web offers a wealth of resources and entertainment for the whole family - but it's not without its risks! We've compiled resources on Password Security, ID Theft, Phishing, Keeping Kids Safe, and much more - all designed to help keep you and your family safe while you surf!

✓ Career and Education Resources

This resource is intended to help parents and their children access some of the best online resources for career planning and exploration, finding and learning about colleges and other higher learning alternatives, and finding scholarship and financial aid resources.

✓ Parenting Resource Center

Parenting is the business of raising your children from infancy to adulthood. In our Parenting Resource Center, we've developed a list of links and resources on dozens of parenting topics.



Lifestyle Savings Benefit

Enjoy discounts, rewards and perks on thousands of the brands you love in a variety of categories:

- ✓ **Health and Wellness**
- ✓ **Auto**
- ✓ **Electronics**
- ✓ **Apparel**



Lifestyle Savings Benefit

- ✓ **Restaurants**
- ✓ **Beauty and Spa**
- ✓ ***And more!***



Visit the EAP Website!

- ✓ Learn About the EAP
- ✓ Thousands of Resources
- ✓ Download the EAP Mobile Website (App)

 [EducatorsEAP.com](https://www.EducatorsEAP.com)

[MEMBER LOGIN](#)

Educators' EAP

Educators' EAP is designed specifically for educators. We offer twice the number of solutions for personal problems and a targeted menu of benefits and resources addressing the unique professional issues they face. Our Peak Performance Benefits are redefining the EAP. We start with all the traditional EAP counseling services designed to address significant life problems and we add Work/Life benefits to address the everyday problems involved in juggling work and family. But that's not all. We go one step further to deliver benefits designed to enhance quality of life not just for your employees and their family members, but for managers and supervisors, too. And we help all employees to achieve their Peak Performance best through training, coaching and wellness.

Check the topics below to learn more.

[Employee Video](#)[Employee Brochure \(PDF\)](#)



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

WELCOME

You and your family members can access over 25,000 trustworthy self-help resources to help resolve personal problems or improve your personal and professional lives. Please login or register.

[REGISTER](#)

[RECOVER PASSWORD](#)

Sign In



User Name:



Password:

[Recover Password](#)
[Recover Username](#)

[SIGN IN](#)



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

Register

User Name

First Name

Last Name

Organization Name

Email Address

Password (7 character minimum)

Verify Password

Reminder

What is your mother's maiden name? ▼

Passphrase

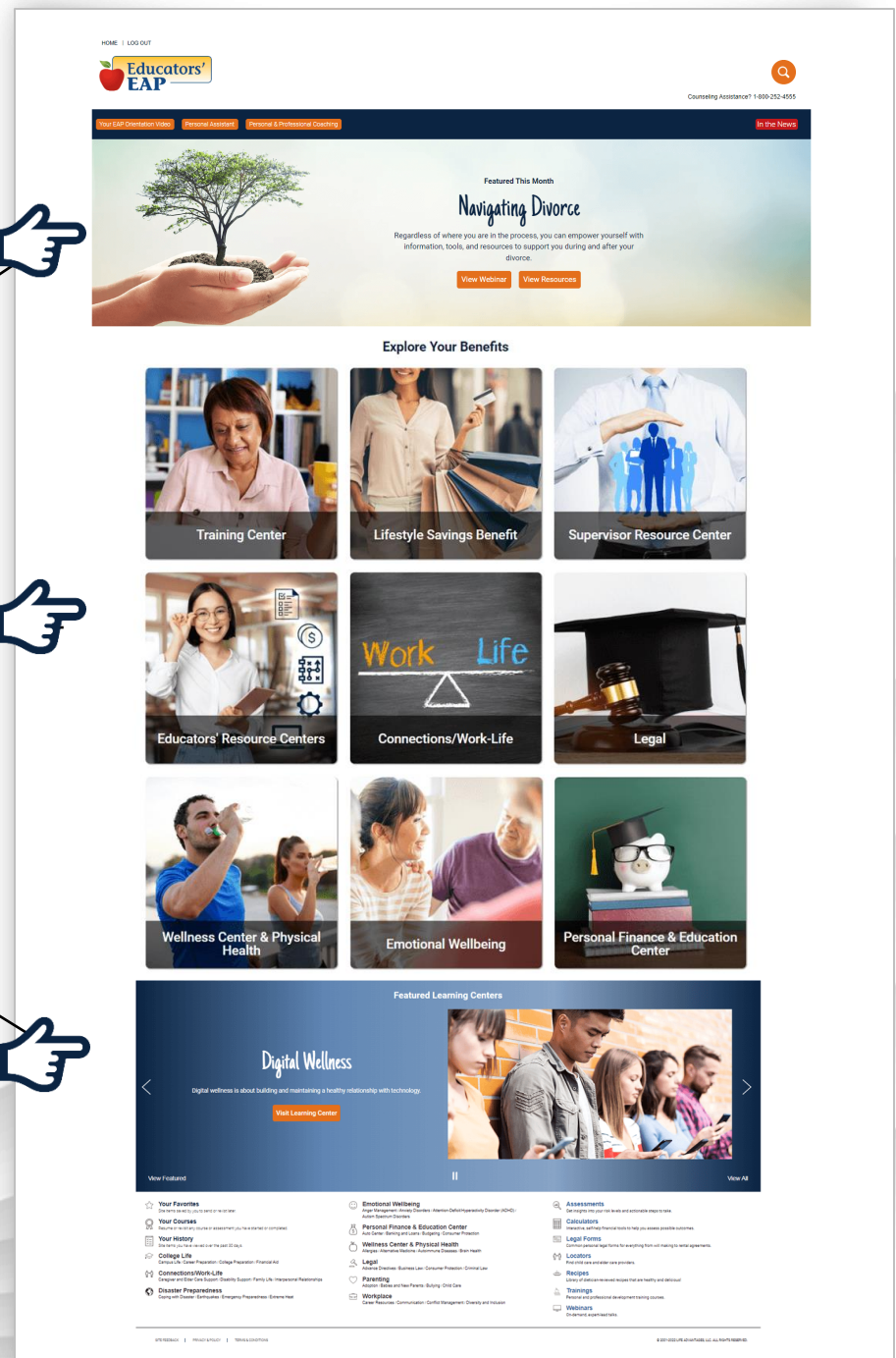
I agree to the terms of use

REGISTER

New Monthly Features

Explore Your Benefits Section

NEW! Featured Learning Centers

HOME | LOG OUT

Educators' EAP

Counseling Assistance 1-800-252-4055

Your EAP Orientation Video | Personal Assistant | Personal & Professional Coaching | In the News

Featured This Month

Navigating Divorce

Regardless of where you are in the process, you can empower yourself with information, tools, and resources to support you during and after your divorce.

[View Webinar](#) [View Resources](#)

Explore Your Benefits

- Training Center
- Lifestyle Savings Benefit
- Supervisor Resource Center
- Educators' Resource Centers
- Connections/Work-Life
- Legal
- Wellness Center & Physical Health
- Emotional Wellbeing
- Personal Finance & Education Center

Featured Learning Centers

Digital Wellness

Digital wellness is about building and maintaining a healthy relationship with technology.

[Visit Learning Center](#)

View Favorites

- Your Favorites**
- Your Courses**
- Your History**
- College Life**
- Connections/Work-Life**
- Disaster Preparedness**
- Emotional Wellbeing**
- Personal Finance & Education Center**
- Wellness Center & Physical Health**
- Legal**
- Parenting**
- Workplace**
- Assessments**
- Calculators**
- Legal Forms**
- Locations**
- Recipes**
- Trainings**
- Webinars**

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[Your EAP Orientation Video](#)

[Personal Assistant](#)

[Personal & Professional Coaching](#)

[In the News](#)



Featured This Month

Navigating Divorce

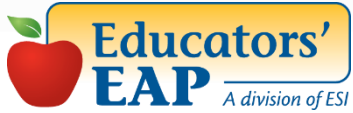
Regardless of where you are in the process, you can empower yourself with information, tools, and resources to support you during and after your divorce.

[View Webinar](#)

[View Resources](#)

EAP Monthly Feature

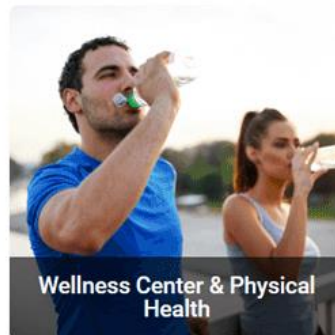
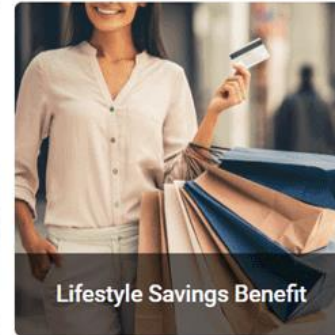
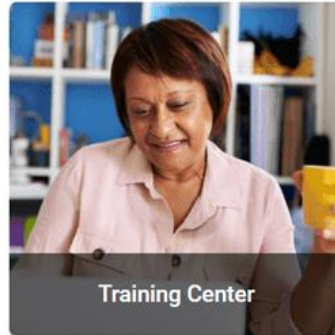
Our Monthly feature will offer popular monthly themes with resources and a new webinar recording each month as well as our quick access buttons to your benefits overview video.



Explore Your Benefits

Easy-to-navigate tiles cover the most popular and essential benefits and topics. Hover over the tile and click on **"Read More"** to access the content or to access a pop-up menu.

Explore Your Benefits



Featured Learning Centers

Digital Wellness

Digital wellness is about building and maintaining a healthy relationship with technology.

Visit Learning Center



View All

View Featured

||

Your Favorites
Site items saved by you to send or revisit later.

Your Courses
Resume or revisit any course or assessment you have started or completed.

Your History
Site items you have viewed over the past 30 days.

College Life
Campus Life / Career Preparation / College Preparation / Financial Aid

Connections/Work-Life
Caregiver and Elder Care Support / Disability Support / Family Life / Interpersonal Relationships

Disaster Preparedness
Coping with Disaster / Earthquakes / Emergency Preparedness / Extreme Heat

Emotional Wellbeing
Anger Management / Anxiety Disorders / Attention-Deficit/Hyperactivity Disorder (ADHD) / Autism Spectrum Disorders

Personal Finance & Education Center
Auto Center / Banking and Loans / Budgeting / Consumer Protection

Wellness Center & Physical Health
Allergies / Alternative Medicine / Autoimmune Diseases / Brain Health

Legal
Advance Directives / Business Law / Consumer Protection / Criminal Law

Parenting
Adoption / Babies and New Parents / Bullying / Child Care

Workplace
Career Resources / Communication / Conflict Management / Diversity and Inclusion

Assessments
Get insights into your risk levels and actionable steps to take.

Calculators
Interactive, self-help financial tools to help you assess possible outcomes.

Legal Forms
Common personal legal forms for everything from will making to rental agreements.

Locators
Find child care and elder care providers.

Recipes
Library of dietician-reviewed recipes that are healthy and delicious!

Trainings
Personal and professional development training courses.

Webinars
On-demand, expert-lead talks.

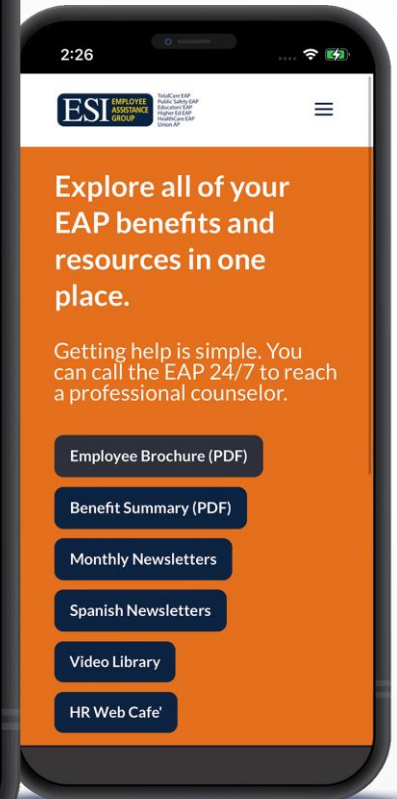
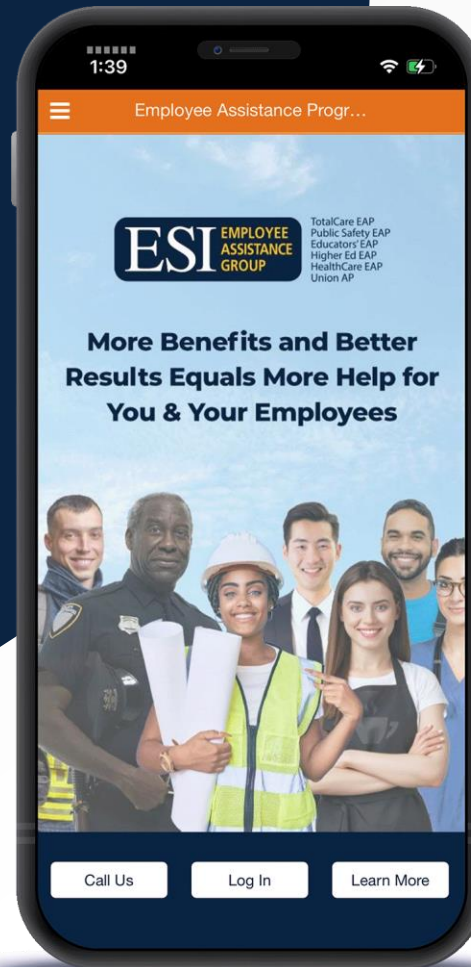
Featured Learning Centers

Curated collections covering popular topics, such as gratitude, goal setting, communication, sleep, building resilience, and much more – delivered in various interactive formats.

Get the EAP Mobile Website

Explore all your EAP benefits & resources on the go!

Download the mobile-friendly website from the App Store by searching 'ESI EMPLOYEE ASSISTANCE' or by scanning the QR Code below!

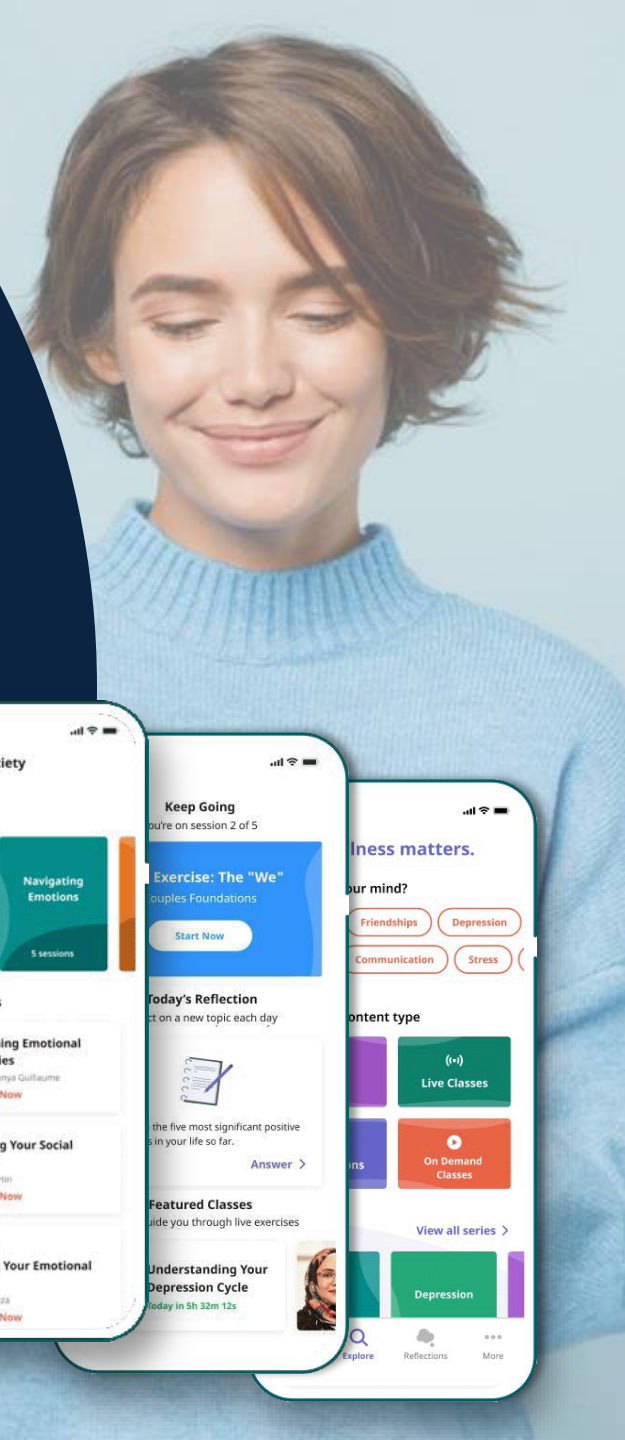
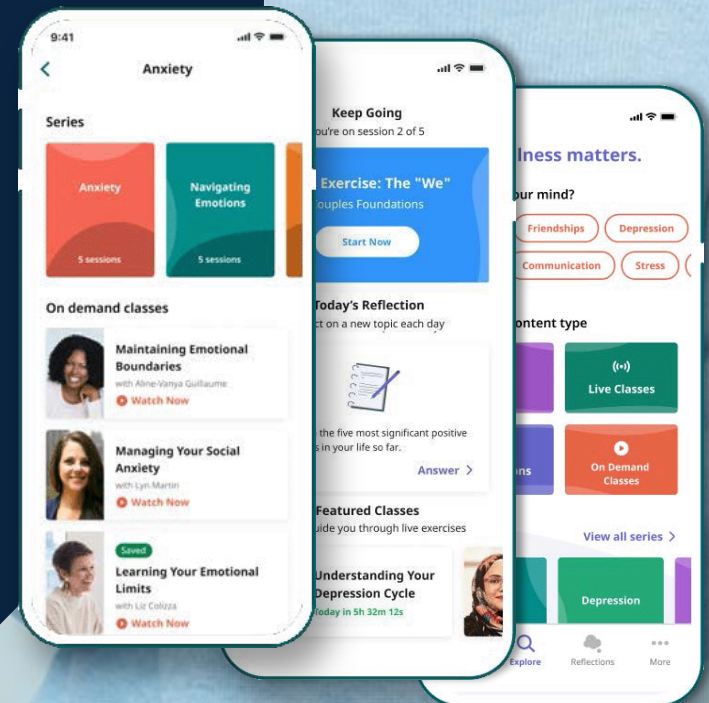


NEW!

Talkspace Go App

All members can improve mental health and wellbeing in just 5 minutes a day with self-guided programs for individuals, couples, and parents.

- ✓ 400+ self-guided, interactive courses
- ✓ Live weekly therapist-led anonymous group classes
- ✓ Assessments, meditation exercises, journaling, & reminders
- ✓ Address anxiety, stress, burnout, trust, & more
- ✓ Use organization code: **ESIEAP**



How to Sign Up for Talkspace Go



- ★ Download the **Talkspace Go** Application
 - From the Apple App store or the Google Play store
- ★ Create an account
- ★ Use organization code: **ESIEAP**



Talkspace Demo: Talkspace Go




9:41

<

Create an account

Already have an account? [Log in](#)

 
Must be at least 6 characters


By continuing, you agree to our [Terms](#) and [Privacy Policy](#).

Create Account

If you are in a life threatening situation, **don't use this app.**
Call 988 or +1(833) 929-1721 or use these resources.

9:41

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What's your date of birth?


MM/DD/YYYY

Next

If you are in a life threatening situation, **don't use this app.**
Call 988 or +1(833) 929-1721 or use these resources.

9:41

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Did you receive a code through an organization?

Yes

No

[I'm not sure](#)

If you are in a life threatening situation, **don't use this app.**
Call 988 or +1(833) 929-1721 or use these resources.

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Please enter your organization's code



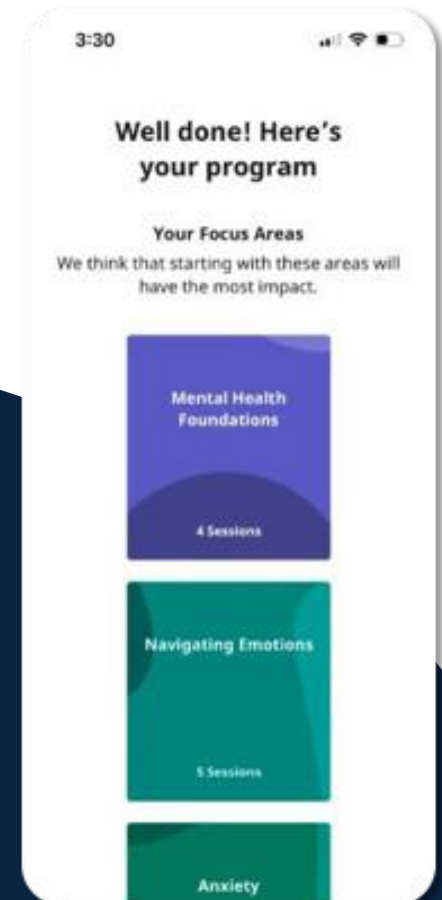
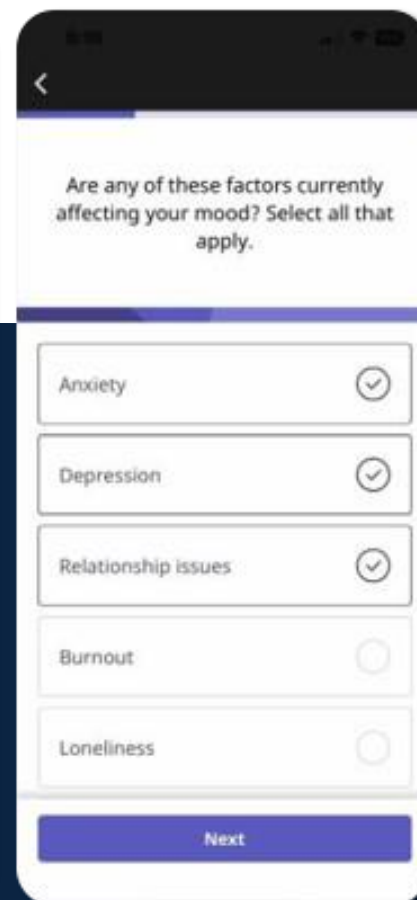
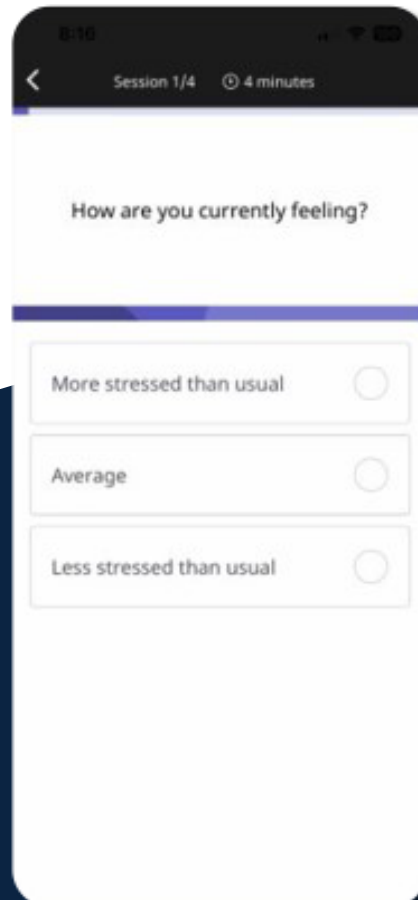
We take privacy seriously
Your organization won't see any of your answers or personal information.

Next

[Skip for now](#)

If you are in a life threatening situation, **don't use this app.**
Call 988 or +1(833) 929-1721 or use these resources.

Personalized Experience



Let's Recap



- ✓ Assisting you with Life's Problems and Distractions
- ✓ Helping You Take Advantage of Life's Opportunities
- ✓ Call anytime 24/7/365 *optimum time is 8am – 8pm*
- ✓ Employer-Provided Benefit
- ✓ No Cost to You and Immediate Family Members
- ✓ Strictly Confidential
- ✓ 98+% Overall Member Satisfaction Rate!



Questions & Discussion



CONTACT US

EAP Mobile App



Talkspace Go App



800-252-4555



EducatorsEAP.com

More Benefits for Employees

More Services for Management

Better Results than any other EAP