

EAP Summary of Services

STARTING
October 1, 2024

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by your employer.

Mental Health Hotline 24/7/365

In-the-moment consultations and assistance from a mental health professional.

Counseling

Eight (8) sessions in-person, on the phone or virtually for concerns such as:

- **Depression**
- **Anxiety**
- **Relationships and family**
- **Workplace challenges**
- **Stress management**
- **Alcohol or substance misuse**
- **Grief and loss**
- **Professional development**

Coaching

Eight (8) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

Anonymous Virtual Peer Support

A safe place to connect, share and discuss what's on your mind.

Member Site

Personal and professional development videos, webinars, self-assessments, legal tools and more.

Canopy EAP App

Access digital therapy and wellness tools to improve the way you feel.

Self-Scheduling Portal

Register with your work email address for online provider search and appointment management.

Resources for Life

Adult and Childcare Services

Assistance in finding childcare, adult care, caregiving resources, and more.

Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

Identity Theft

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

Pet Parent Resources

Information, support, and discounts for pet owners.

Wellbeing Tools

Fertility health support, wellness resources, and gym discounts.

Canopy is committed to creating a safe, inclusive, and equitable society for all.

