

MEET YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)



An EAP is a free, confidential program provided by your employer to help you and your household with personal or work-related issues. Services are fully covered by your employer, so there's no cost to you.

Resources & Services Include:

EAP Services

Our confidential Employee Assistance Program (available 24/7/365) is designed to support you and your household members, whenever and however you need it. You have access to EAP counselors to help address:

- Marital and Family Relationships
- Legal & Financial Problems
- Stress Management
- Alcohol and Substance Abuse
- Crisis Management
- Parenting Difficulties
- Domestic Violence
- Physical and Mental Illness
- Grief & Loss
- and more!

Contact us today!

☎ 800.624.2593

✉ info@nationaleap.com



MY EAP - EAP Member Portal

Visit MY EAP, your central hub to learn about all the services and platforms available through your EAP.

Username: Benchmark Human Services
Password: Benchmark Human Services



THRIVE WEBINARS

Hosted monthly by industry experts, these free live sessions cover key themes for workplace success.

Click here to view and register for upcoming webinars.



Online Member Portal

Our user-friendly Member Portal offers convenient access to articles, interactive content, self-assessments, and a dedicated Mindful Channel, all focused on enhancing your well-being.



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Work-Life Services

A suite of services designed to connect you to experts and community resources, including:



Pre-Qualified Referrals for Child and Elder Care, Legal, Housing, and Financial Resources



Legal Consultation: FREE
30-minute telephonic consultation with an attorney. Discounted rates available if legal representation is required.



Financial Consultation: FREE ~30 min
telephonic consultation with a financial professional qualified to advise you on a range of financial issues.



ID Theft Recovery Consultation: FREE
60-minute phone consult with a recovery expert, plus access to Credit Karma's prevention tools.

AI Mental Resilience App

Wysa, our innovative AI-powered app, offers personalized tools to help you take charge of your well-being. Grounded in Cognitive Behavioral Therapy (CBT), Wysa is designed to support you and your household members in building resilience and enhancing mental health through a structured, clinically validated program



[Learn More Online!](#)

Food & Nutrition: Education & Referral Services

Nutrition health is a critical component of overall wellness, and we are committed to helping you prioritize it. Through our collaboration with Kelly's Choice, a leading provider of nutrition health support, you and your household members have access to:

- **Medical Nutrition Counseling Referrals:** Covered by most major insurances, with self-pay and HSA/FSA options.
- **Personalized Support:** Virtual 1:1 nutrition counseling with expert & flexible Registered Dietitians.



[Learn More Online!](#)

