

# Canopy

## EAP SERVICES

### HR and Organizational Support

#### Leadership Support

- Unlimited Management Consultations
- Unlimited Performance Based Referrals

#### Training and Organizational Services

- Critical Incident Stress Response
- Layoff Support
- Employee Orientations
- Supervisor Orientations and Training
- Free Monthly Webinars for HR and EAP Members

### EAP Services

#### Member Care Options

- Mental Health Hotline - 24/7/365 Support
- Counseling - Face to Face or Virtual
- Behavioral Coaching - Goal Setting Support From a Professional

#### 24/7 Virtual Peer Support

- Anonymous Support From Peers With Shared Lived Experiences
- Monitored 24/7 by Licensed Clinicians
- Occupation Specific Matches
- Referrals to Content and Services

#### dCBT

- Interactive Digital Therapy
- Mindfulness
- Mental Health Appraisal

#### Resources for Life

- Unlimited Financial Coaching
- Legal Consultations / Mediation
- Will Questionnaire
- Identity Theft Restoration
- Child and Eldercare Services
- Concierge and Resource Retrieval
- Housing Support Program
- Gym and Wellness Discounts
- Career Development
- Pet Parent Support
- Fertility Health

#### Member Portal

- Interactive Resources and Tools
- Legal and Tax Forms
- On Demand Webinars
- Self-Assessments
- Courses and Quizzes

