



# EAP Summary of Services

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**
- **Alcohol or substance misuse**
- **Grief and loss**

## 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 at [my.canopywell.com](https://my.canopywell.com). Log-in or register as a new user with organization name: **OEGB**



## Enlight

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 Resources

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.



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