

Health AdvocateSM

Employee Assistance Program (EAP)

Everyday issues can be complicated and disruptive. It helps to talk to someone who can ease your worry and help you get back on track. Your Employee Assistance Program (EAP) benefit offers free, confidential access to mental health professionals, as well as, legal and financial experts, who will listen to your issues and offer practical strategies. Consulting with our dedicated professionals can give you greater peace of mind.

Talk to an EAP Professional

Get help with:

- Anxiety, depression, anger, burnout, grief, loss
- Marital, parenting, relationship issues
- Substance abuse, gambling, other dependencies

Talk to a certified Financial Specialist

Phone consultation for financial issues. Get help with:

- Debt management, credit issues, budgeting, saving, bankruptcy
- College/retirement planning, home refinancing

Talk to an independent Legal Attorney

Phone or in-person consultation, with 25% discount on standard fees if retained. Get help with:

- Criminal law, general/civil law
- Personal/family law, adoption, divorce, child custody
- Elder law, estate planning, healthcare directives
- Real estate, tax/IRS matters, motor vehicle law



866.611.8379

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HealthAdvocate.com/SBCounty



Human Resources
Employee Benefits and Services

Talk to a Work/Life Specialist

Find the right resources including childcare, eldercare, summer, camps, special needs programs and more!



Quick Online Resources

- Articles, tools, videos on mental/physical health, financial, legal and other topics
- Calculators for loans, debt consolidation
- Articles and information on taxes
- Forms for wills
- Webinars on retirement planning and other topics



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