

Services under the EAP include:

Counseling Services

- ☑ Referral to an EAP Network provider
- ☑ Free assessment via teletherapy or in-person
- ☑ Free solution-focused, short-term therapy
- ☑ No claims filed under your health plan
- ☑ Crisis counselors available **24/7**

Legal Services

- ☑ No-cost initial consultation up to 30 minutes
- ☑ Simple wills
- ☑ Simple document review
- ☑ Simple resolution letters and/or phone calls on your behalf
- ☑ Up to 25% discount from hourly rate

Financial Counseling/Planning

- ☑ Credit repair
- ☑ Identity theft planning/solutions
- ☑ Sample legal documents
- ☑ Domestic violence/family health library

Work/Life and Wellness Resources*

- ☑ Child/elder care referrals
- ☑ Adoption assistance
- ☑ Education/college resources
- ☑ Pet care
- ☑ Nutrition/weight loss
- ☑ Prenatal & pregnancy
- ☑ Exercise/fitness
- ☑ Smoking cessation
- ☑ Library on health topics

*Online at www.4eap.com

For questions regarding any of the services available under the EAP, please call and speak with one of our Care Coordinators.



P.O. BOX 421879
Houston, Texas 77242-1879



Interface Behavioral Health

*Your
Employee
Assistance
Program*



4eap.com

Free and Confidential EAP

Provided by your employer, the Employee Assistance Program (EAP) is a **free** and **confidential** benefit designed to help you and your family members successfully manage major life stressors and events by identifying options and making informed choices.

Issues commonly addressed through your EAP benefit include:

- **Family conflict:** divorce, custody, blended family, domestic violence issues
- **Grief:** accidents, illness, victim of crime, loss of a loved one
- **Changes at home, work or school:** relocation, job stress, interpersonal problems, empty nest, aging parents
- **Personal growth:** interpersonal skills (relationships and communication) for work or family
- **Dependence or co-dependence issues:** alcohol, drugs, gambling

Counseling Services

Interface Behavioral Health provides free and confidential counseling with experienced, licensed therapists. You can easily access a comprehensive network of providers with expertise in:

- Stress management
- Grief/loss
- Depression/anxiety
- Work/life balance
- Marriage & family
- Substance use
- Career development
- Relationships and communication
- Anger management
- Child/adolescent issues

The professionals who will assist you are not part of your organization. They are licensed therapists who understand the “everyday problems” that face individuals and families. They can provide support and guidance to individuals faced with life’s unexpected challenges.

4eap.com

4eap.com
**FREE AND
CONFIDENTIAL**
Crisis Counselors
available 24/7



For more information, visit the participant website www.4eap.com. Contact us at info@ieap.com to obtain your username and password.

Legal Services



Participants can access professional legal services through the EAP. Services under this benefit include a free 30-minute consultation with an attorney, document review, simple resolution letters and/or phone calls on your behalf, a free simple will and up to a 25% discount off an attorney’s normal rate for additional services.

Financial Services



Financial services with the EAP include a free initial consultation with a licensed Financial Planner as well as discounted fees for ongoing consultation. Financial counseling, debt consolidation, retirement planning, identity theft planning/solutions and other referral services are also provided (excludes monetary assistance).

Online Work/Life and Wellness Resources



Employees and family members are able to access unlimited self-help tools on work/life and wellness resources online. Access to resources for childcare, elder care, pet care, school/college, personal health profiles, wellness lessons and webinars on topics such as stress management, weight loss, smoking cessation, eating healthy and much more are available at www.4eap.com.

Digital Coaching



Access to a confidential digital program designed to help you improve your mood, gain confidence and energy and control stress.

Your EAP is a source of assistance provided at NO COST offering CONFIDENTIAL support to you and your eligible dependents.

713-781-3364 • 800-324-4327 | Se Habla Español 800-324-2490

Frequently Asked Questions

How do I access my EAP benefit?

Call toll-free **800-324-4327** or log-on to www.4eap.com to submit a service request. Our experienced Care Coordinators will guide you through the process and help connect you with the services that will best fit your needs.

Who can use the EAP?

EAP services are available to you, the employee, your spouse and dependents under the age of 26.

Is the EAP confidential?

Yes. The EAP is completely confidential. Interface Behavioral Health will not share any information concerning your use of the EAP with anyone in your organization, other family members or any other persons or organizations without your written permission or as required by law.

Is there a charge for using the EAP?

No. This is a prepaid benefit contracted by your employer. There is no cost to you or your eligible family members for EAP services. If you and your counselor determine additional help is needed beyond the scope of the EAP, we will work to minimize any cost to you.

What is not paid as an EAP benefit?

Some situations may require specialized services that will not be covered under the free EAP benefit. Psychiatrists (MD’s), psychological testing, chronic or long-term treatment, court-ordered assessment or treatment and other specialized types of treatment may be beyond the scope of the EAP. If you are unsure, please ask a Care Coordinator. They will help you identify resources that are available through your free EAP benefit or community resources.