

Why do people call EAP?

No one is immune from life's challenges. Family stress, money, work/life balance, substance abuse, legal problems: you name it, and EAP has helped with it.

Did you know that VADA (Vermont Vehicle and Automotive Distributors Association Insurance Trust) offers employees and their families a **free, independent EAP** to support you throughout life's challenges?

We are a **confidential** clinical and wellbeing agency with a signature local approach to provide counseling and resources to your entire household. **No problem is too big or too small.**

Call us today!



“ I was feeling completely **overwhelmed** in my **marriage** and work was so **stressful**. **EAP** helped me regain a sense of balance and resiliency, and I've been doing much better. ”

TESTIMONIAL FROM A VERMONTER WHO ACCESSED INVEST EAP



FINANCIAL AND LEGAL HELP

Free advice and planning from local attorneys, accountants, and other professionals ready to help with your needs.



COUNSELING

Our solution-focused sessions help you with any problem you may be facing: parenting, divorce, anxiety, depression, and more.



BEHAVIORAL HEALTH

There is no health without mental health. Our approach takes a holistic approach to your total wellbeing and increases your resiliency.



LIFE RESOURCES

Unlimited consultation, assessment, and customized referrals for major life issues such as childcare, eldercare, adoption, housing, transportation, and more.

COUNSELING

RESOURCES

REFERRALS

WORK CONFLICT

WELLNESS



Centers for Wellbeing

24/7/365: 866-660-9533 | WWW.INVEST EAP.ORG
password: AUTO

Highlights of your EAP services

Invest EAP is a free, confidential, Vermont-based program that helps you and your family members.

Here's what you can access immediately:

- ⇒ EAP-dedicated staff, with clinicians throughout Vermont and neighboring states
- ⇒ **tele-counseling sessions**
- ⇒ **Recovery-friendly and substance abuse-referral services**
- ⇒ Legal and financial advice, and a comprehensive **online resource center**
- ⇒ **24/7/365 hotline** staffed by therapists
- ⇒ Excellent usage by staff and families across New England
- ⇒ Marital, family, and other **relationship issues**
- ⇒ **Alcohol or substance use concerns** for yourself or loved ones
- ⇒ **Grief and loss**
- ⇒ Balancing work and family
- ⇒ **Depression, anxiety, and PTSD**
- ⇒ Career transitions and work-related concerns
- ⇒ Personal growth and development
- ⇒ Smoking cessation
- ⇒ Healthy lifestyles
- ⇒ ...and much more. **If it's on your mind, give us a call!**



EAP: here when you need us

Not sure what to do about a problem or who to turn to? Not sure if it's something we can help with? **Call us anyway!** Our approach is positive and proactive and we offer services to answer any need. We are eager to serve you and encourage you to call us for free confidential help.

All of our staff are licensed counselors with considerable experience in work/life issues.

You and any of your household members can also access resources, self assessments, and a complete online orientation outlining your benefits at **www.investeap.org** (and your exclusive web password is AUTO).

1-866-660-9533

(toll-free 24/7/365 hotline for all EAP services)

