

Our company is pleased to offer employees and their families a **local, free, independent EAP** to support you and your household members.

**This is a stressful time.** Family dynamics, worries over the pandemic, money, work/life balance, substance abuse, legal problems: you name it, and EAP helps with it.

Invest EAP is a **confidential** clinical and wellbeing agency with a signature Vermont-based approach to provide counseling and resources to your entire household. **No problem is too big or too small.**



“ 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**

Solution-focused sessions help you with any problem you may be facing: parenting, divorce, anxiety, sadness, and anything else on your mind.



**BEHAVIORAL HEALTH**

There is no health without mental health. EAP’s 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.



Centers for Wellbeing

