



It's been a stressful year. Just as our society is slowly starting to emerge from stay-at-home orders, a long-standing and critical civil rights issue has been pushed to the forefront with protests, riots, and unrest.

It's normal to feel confusion, fear, and outrage, even as we all stand in support of social justice and racial equality.

Our **local, free, independent Employee Assistance Program** is here to support you and your family. It really helps to talk through things in a private, confidential space.

Invest EAP is a clinical and wellbeing agency providing confidential counseling, **including phone- or video-based support.**

Call them today.



“ I was feeling completely **overwhelmed with the world**, 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 LOCAL NEW ENGLANDER WHO ACCESSED INVEST EAP



FINANCIAL AND LEGAL HELP

Free advice and planning from 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, depression, and more.



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.

COUNSELING

RESOURCES

REFERRALS

MANAGER SUPPORT

WELLNESS



Centers for Wellbeing

24/7/365: **866-660-9533** | WWW.INVESTTEAP.ORG