

Employee Assistance Program (EAP)

An EAP is a service designed to help you manage life's challenges. Everyone needs a helping hand once in a while, and the EAP can provide it. Professional counselors and services can help you and your eligible family members resolve a broad range of personal problems affecting your emotional health, family life and work life.

EAP information on line: www.members.mhn.com. Click register now and type SIA when prompted for the company code. With the click of a mouse you can:

- Search for an MHN counselor
- Manage your stress with interactive tools
- Take a health risk assessment
- Ask an expert an emotional health



Immediate Crisis Support
Need to talk to someone right away? Please call MHN at
(800) 227-1060.
TDD: (866) 726-1785
24/7 FREE CONFIDENTIAL

question The website also has information and tools on:

- Depression
- Anxiety
- Substance abuse
- Grief and loss
- Health and fitness
- Child and elder care
- Communication and relationships
- Personal finance



It's About You.
Your Employee Assistance Program provides a wealth of resources for a healthier, happier life.

Personal and work-related matters can preoccupy our thoughts, destroy our ability to concentrate on the simplest of tasks, or prevent us from functioning the way we want to in everyday situations. Your EAP member services offer ways to help overcome such issues, and will help you identify problems, develop a plan, and gain referrals to appropriate resources. The results of effective problem management are easy to recognize: better focus, better work productivity, and a clearer path to achieving your personal and professional goals.

Your EAP member services provide a wealth of resources that can help you lead a healthy, happy, and well-balanced life – including emotional health, wellness, and work and life services for you and your covered dependents. And:

- Your EAP is easy to use and paid for by your employer.
- There are no co-payments, coinsurance or deductibles; you will not have to pay MHN counselors for any services covered by your EAP.
- All services are confidential. MHN will only release information as required or permitted by law.

Who is Eligible? All employees and their lawful spouses are eligible. Unmarried dependent children are also eligible if they are:

- Age 18 or less
- Age 22 or less and a fulltime student
- Incapable of sustaining employment due to a mental or physical disability