

# Employee and Family Assistance Program



Centers for Wellbeing

## If it's on your mind, it's worth a call!

### What is Invest EAP?

Short-term confidential counseling,  
information, and resources

### Am I covered?

Yes! It's free for all **employees** and their  
**household members**



Family and Relationships



Childcare and Eldercare



Workplace Conflict



Depression/  
Anxiety



Financial/Legal Problems



Grief and Loss



Alcohol and Drug Use



Stress/Work-Life Balance



Confidential & free

- Short-term counseling
- Resource and referrals for employees and all household members



Call toll-free any time:  
**1-800-287-2173**

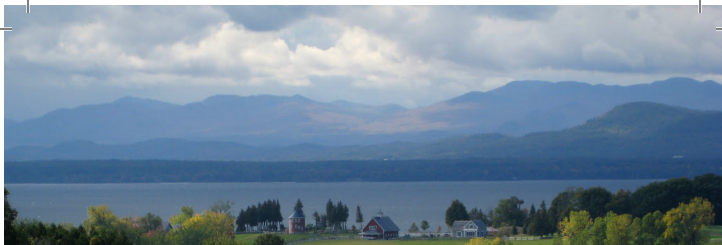
[www.investeap.org](http://www.investeap.org)

Create a login. Organization Password: **vsbit**



Add us to your phone's contact list  
so our number is always handy!

MEMBER CARD



## What happens when you call EAP?

We're here for you any time day or night. A call to EAP will put you in touch with a counselor. We will listen to you, explore your questions and concerns, and provide referrals to local counselors, specialists, lawyers, financial planners and more. Our intake process helps us make targeted recommendations for services - all of them confidential and free to you.

We're statewide in Vermont! You will be referred to a local counselor that's convenient to your home or work.

*We welcome you or any household member to call us 24 hours a day, 7 days a week, 365 days a year at:*

**1-800-287-2173**

*Customer service:*

*Our aim is to be responsive with your needs. If you encounter any difficulty or if the service did not meet your expectations, please call 1-800-287-2173 and ask to speak with an Account Manager*

**1-800-287-2173**

Our online resource center is full of helpful information! Visit us at [www.investeap.org](http://www.investeap.org) to access self-assessments, videos, articles...and much more!

