

Life Happens. We can help

WellSpan EAP is a **confidential** program of counseling services which an employer offers to its employees and their families to help them with any type of personal problem which may affect their personal well-being, job performance, home life and health.

All Full-time, Part-time, and PRN employees of WellSpan Health, their spouses, and their eligible dependents receive six (6) EAP counseling sessions, per family unit from January to December each year at no cost; with no co-pays or deductibles. You are automatically enrolled in the program

To Request

WellSpan EAP Services:

- Please call WellSpan EAP at
- **1-800-673-2514** to schedule an appointment. We are happy to assist you in connecting with a provider
- You may also call the provider directly to schedule an appointment. Visit WellSpan.org/EAP and use the Provider Search Tool to find a provider
- Mention you want to use WellSpan EAP and provide the name of your employer
- When scheduling, you will be asked for your insurance information in case you go beyond your free EAP sessions
- If you have questions, need assistance, or live outside of South-Central PA, please call us at **1-800-673-2514** – we are happy to help!

Office hours vary by provider and location. Your provider's office will work with you to find an appointment time that meets your needs.

Be assured that this information will be kept confidential. No one, including your employer, will be informed that you contacted us.



Not sure you or your family members need counseling sessions but are interested in learning more about:

- ✓ Anxiety
- ✓ Depression
- ✓ Grief/Loss
- ✓ Stress Management
- ✓ Substance abuse
- ✓ Simple mindfulness and breathing exercises
- ✓ Many other areas

Receive **free, confidential access** to myStrength.com or the **myStrength app** using **access code: WPH202**

Access to Work-Life Services Portal

Everything from Mental Health to recipes! Legal documents, budget calculators, short webinars and more!

1. Visit WellSpan.org/EAP
2. Click the **Work-Life Portal** button on the homepage
3. Use Company Code: **wsh-eap** to log in the first time.

Enhanced Legal and Financial Services

1. To access these services, please call **1-888-254-8104**
2. Use Company Code: **wsh-eap**

We're here to help! If you have any customer service issues, questions or need assistance, please call customer service at 1-800-673-2514, Monday – Friday, 7:30 am - 4:30 pm (EST).

Emergency services are available 24 hours a day, seven days a week. Individuals in crisis can call our crisis intervention line toll-free at **1-800-673-2496** to speak with a crisis counselor.