



## EMPLOYEE ASSISTANCE PROGRAM

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### Triad EAP provides solutions for today's employee.

Whether you are facing challenging life problems or you want to take your personal or professional life to the next level, Triad has the resources to help.

#### WHAT IS AN EAP?

Everyone experiences personal problems from time to time that can have a profound impact on your professional and personal life. By utilizing your EAP benefits you'll have access to a wide range of tools that can help you cope with issues such as divorce, parenting dilemmas, the death of a loved one, or attempts to overcome addiction - just to name a few. And, the problems don't have to be situational; what about stress, anxiety or depression? These problems follow us from home to work and vice versa and ultimately affect how you perform on the job. The goal of the EAP is to help you get through the tough times and flourish in personal growth.

#### WHAT ARE MY BENEFITS?

Eligible employees, their spouse or significant other, and dependents 26 and under can access six counseling sessions per year, per incident with a choice of in-person or telehealth counseling options.

#### COUNSELORS

Triad EAP's network counselors are highly qualified, credentialed professionals with expertise in various areas. Our counselors have master's level degrees in psychology, counseling and/or social work; current liability insurance coverage; and active licensure.

#### CONFIDENTIALITY

Triad is bound by strict privacy standards. The only information your employer sees is statistical and demographic information – no names or identifying information are given. Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are under a court order. (For more information, see Section 12-43-218 of the Colorado Regulatory Statute.)

#### HOW MUCH DOES IT COST?

Triad EAP is a prepaid service offered by your employer providing six free counseling sessions. EAP is short-term, solution-based counseling. For help beyond the scope of the EAP; your counselor may suggest continued treatment or other resources. You are responsible for any fees incurred for services used outside of the EAP.

#### WHAT IF I'M IN CRISIS?

In case of mental health emergency, call anytime 24-hours a day, seven days a week and talk to our on-call therapist at the number below.



#### HOW DO I GET STARTED?

Pre-authorization for counseling services is required. Visit [www.triadeap.com](http://www.triadeap.com), enter your username and password found below. Select the "Provider Search" box to discover counselors in your area. Once you've chosen a counselor, call Triad between 8 am and 6 pm (MST), Monday through Friday.

Go to: [www.triadeap.com](http://www.triadeap.com)

Username: CEBT

Password: eap

#### Please call Triad EAP before contacting a counselor:

Phone: 970.242.9536

Toll free: 877.679.1100

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[triadeap.com](http://triadeap.com) • 877.679.1100

Brought to you by:

**CEBT**  
Benefit by Trust



## EMPLOYEE ASSISTANCE PROGRAM

### Legal/Financial EAP services:



#### LEGAL AND FINANCIAL SUPPORT

- Free 30-minute consultation with attorneys on civil or criminal matters with discounted fees for most ongoing legal services\*
- Free consultation with financial specialists regarding budgeting, credit concerns, financial planning and help with identity theft and recovery
- To schedule, call Triad between 8 am and 6 pm (MST), Monday through Friday

#### ONLINE RESOURCES

- Monthly webinars cover a variety of work-life topics with archived webinars available
- Articles and tip sheets on legal and financial issues
- Online free Will Builder
- Free access to TaxACT to prepare state taxes
- Downloadable legal forms
- A variety of financial calculators
- Access to Corporate Perks, an online shopping discount program

*\*The free 30-minute telephonic legal consultation with an attorney is available for a variety of issues (except employment law). If you request to meet in-person with an attorney within a certain mileage radius, coverage cannot be guaranteed depending on the category of your legal concern.*

#### HOW WE CAN HELP

Our counselors can help clients recognize and successfully address issues including:

- Coping with depression
- Calming anxiety
- Stress management
- Enhancing relationships
- Balance work and home life
- Sharpening parenting skills
- Working through grief, loss or trauma
- Improving work relationships
- Trouncing addictions
- Tackling financial or legal problems

**Call today and get back on the road to peace and joy.**

**triadeap.com • 877.679.1100**