Lifestyle EAP is focused on service as we face the challenges impacting us as a result of COVID-19

Lifestyle EAP services are operational as we continue to serve employees and their family members.

Face-to-face counseling sessions are still available on a very limited basis to provide a confidential assessment, short-term solution focused counseling and referral. We've increased the number of providers able to provide virtual visits and telephonic counseling as an alternative for employees who prefer to remain home. Virtual and telephonic visits now make up a majority of the EAP counseling visits for the health and safety of all involved.

Virtual visits are provided on a variety of different platforms and your EAP representative will work with you on confirming which platform works best for you.

The uncertainty of these times impacts mental health. Lifestyle EAP is available 24 hours/day by calling 800-989-3277 with access to in-the-moment support by master's level clinicians.

Lifestyle EAP offers:
- 24/7/365 telephonic support from licensed mental health professionals
- Solution-focused counseling
- Management tools and consultations
- Eldercare resources and referrals
- Childcare resources and referrals
- Identity Theft Recovery and Prevention
- Legal consultations
- Financial consultations
- Interactive website
- Critical Incident Stress Management
- Wellness Seminars

Call Lifestyle EAP at 800.989.3277 or visit www.lifestyleeap.com
Company ID: OC14  Password: lifestyleeap