



Please mention, "I have an EAP with Grand Rapids Community College"

# 800.442.0809

\*Press 1 to access your EAP benefits

## Confidential Counseling Services

Confidential counseling can be accessed via Teletherapy or In-Person sessions. Any concerns can be addressed in counseling. Common issues include:

- Marital, family or relationship issues
- Depression, anxiety or other mood disorders
- Chronic stress
- Substance use disorder
- Work-related issues
- Grief and loss

### What if a different problem arises after my sessions are used?

You are limited to 3 counseling sessions per episode of care. If a new concern requires counseling support, you will receive 3 more counseling sessions for the new episode of care.

### Will my employer be notified?

All EAP services are 100% confidential.

### What if I need immediate support?

- You may access the 24-hour HOTLINE by calling 800.442.0809 (press 1).
- Same-day services are available daily for individuals age 18 years and older at the PSYCHIATRIC URGENT CARE CENTER via telehealth and in person. Call 800.442.0809 (press 1) or visit [pinerest.org/urgent](http://pinerest.org/urgent) for hours, location and latest service information.

## Your EAP Benefits Include:

- 3 sessions of confidential counseling per episode of care
- Psychiatric Urgent Care Center services for ages 18+
- 24/7 hotline for crisis calls
- All benefits are available to the employee and EVERY member of their household.