

Behavioral health

Guidance and support for everyday life



Sentara EAP serves as a strategic partner for employers to help improve employee performance, absenteeism, and presenteeism. We support employees and their household members to overcome life's challenges and address work-related concerns.

Our approach

From life coaching, work/life balance, and individual counseling to critical incident response, Sentara EAP is here to help. We offer the option and convenience of face-to-face, telephonic, or virtual sessions. We deliver practical solutions that address individual needs, build important life skills, and contribute to overall health and well-being.

Services

Clinical services

- Life coaching for specific goal attainment
- Short-term, solution-focused counseling sessions

Sentara Employer Solutions



Clinics



Occupational health



Behavioral health



Wellness programs



Care management



University/
student health



Executive health



Sentara Health Plans

Services (continued)

Work/life benefits

- Telephonic work/life consultations to find resources for daily life (childcare, eldercare, pet care, and education to solve other everyday living needs)
- Legal/financial consultations (identity theft)
- Robust discount center

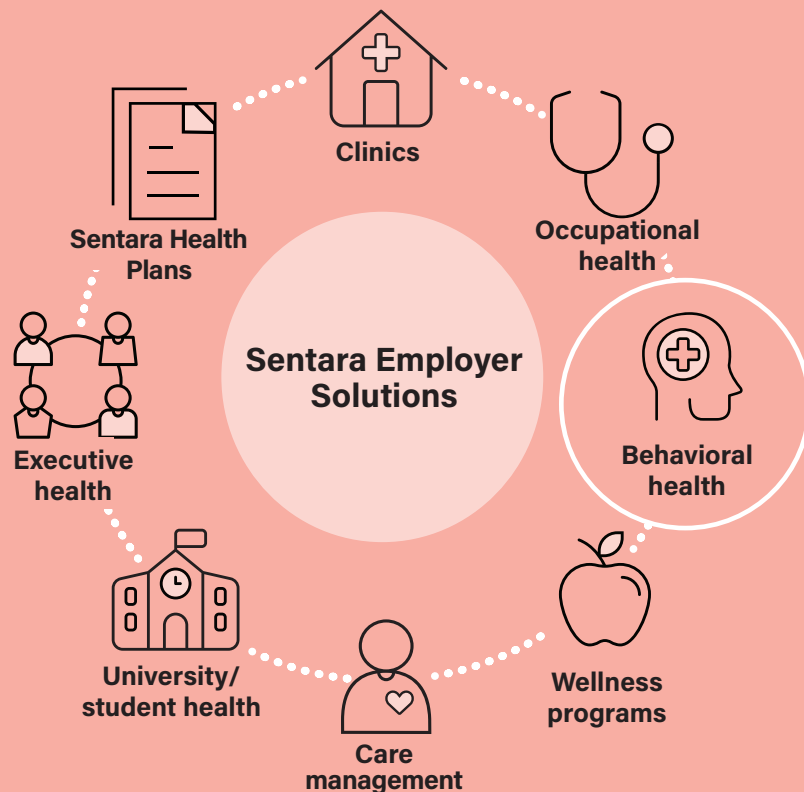
Organizational services

- Management consultation
- Critical incident response program
- Fitness for duty case management (coordination)

Training

- Professional and personal skill development (60+ topics)

Sentara EAP services are easy-to-access. Employees or their household members can call 1-800-899-8174 or visit our website at sentaraeap.com for online resources.



Let's discuss how Sentara Employer Solutions helps organizations support their most important asset—their employees.

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