

## Guidance and support for everyday life.



## **Easy**

Call **1-800-899-8174** to schedule an in-person, telephonic, or virtual counseling appointment.



## Confidential

Discussions with our clinicians are protected by strict privacy laws.



## No cost

Our services are covered by your employer, so there's no cost to you or your household members.



A wide range of resources are just a click away at **sentaraEAP.com** 





1-800-899-8174



\*This benefit is only available for employees insured through Sentara Health Plans.

Sentara EAP is administered by Sentara Behavioral Health Services, Inc.