

Employee Assistance Program (EAP)

At **ERC: Counselors & Consultants**, we commit ourselves every day to helping lift the mental burdens that hold you back from your full potential.

- We provide **short-term counseling and mental health support services** for you, your dependents, and those in your immediate household.
- There's **no cost or co-pays to you**, and we are not tied to your insurance. Your employer sponsors this mental health benefit.
- All services are **strictly confidential** and no identifying information is provided to your employer. ERC is HIPAA compliant.
- We have our **own team of licensed counselors** as well as a network of propriety counselors throughout the nation to assist you wherever you are located.

How to Use Your Employee Assistance Program



1. Recognize an Issue

We assist people with a variety of concerns, such as marriage/couple issues, parenting, stress & anxiety, depression, grief, family dynamics, and much more.



2. Schedule an Appointment

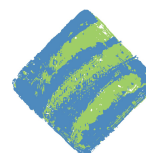
If you are struggling with an issue, call ERC at 1-800-222-8590 to make an appointment with a counselor. Your free and confidential EAP benefit can include telephonic and/or video counseling sessions.



3. Talk with a Counselor

During your counseling sessions, your counselor and you will talk about your concerns and develop an ongoing plan for meeting your mental health goals.

We are **available when you need us**. There's one number to call, and we always answer the phone no matter the day or time.



ERC

COUNSELORS & CONSULTANTS

1-800-222-8590 | ERCincorp.com