



*Your Success is  
Our Passion*



## Your Employee Assistance Program Benefits

Provided by



### Your EAP Benefit

- ♦ Is 100% confidential
- ♦ Covers **four** virtual, face-to-face, or telephonic sessions with a counselor, per person attending
- ♦ Services also cover all residents of the home
- ♦ Monthly newsletters
- ♦ Access to additional resources such as legal, financial, support groups, housing, etc.
- ♦ Sessions are renewable as long as you have a two-month break in counseling
- ♦ Services are accessible 24/7/365

### Work/Life Services

To access online resources, please visit [mseap.com](https://mseap.com) and click "Work / Life Login" at the top. Use the access code **DASH** to sign in, or create your own account. Live Chat is also available on the website!

### When can the EAP help?

M&S EAP is here to help you through many difficult situations, including but not limited to:

- ♦ Marital & Family Related Issues
- ♦ Children & Adolescents
- ♦ Anger, Stress, & Time Management
- ♦ Grief & Loss
- ♦ Alcohol & Substance Abuse
- ♦ Elder Care Concerns
- ♦ Domestic Abuse
- ♦ Addictions
- ♦ Job-Related Stress

### Frequently Asked Questions

#### **When should I use my EAP?**

Anytime! If you or your family are experiencing a difficult time in areas of stress, anxiety, depression, family-related issues, substance abuse, or any other problem area, we are available 24/7.

#### **Who is covered?**

All household members are welcome to use the program, even if you, as the covered employee, do not. Household members may contact us directly.

**Questions?**

Call 1-800-543-5080  
Visit [mseap.com](https://mseap.com)