

Start when you're ready—it's easy

There is no cost to you. Your employer covers the cost of 3 counseling sessions for you and your household members. That means no bills, no co-pays, no surprise fees, and no need to involve your insurance company.

It's confidential. Your conversations with My EAP Helper experts are private and confidential.

You will receive support from experts. You'll be connected with someone who has been vetted and screened, and is the right fit for you.

My EAP Helper is ready when you are. Visit myeaphelper.mybeaconwellbeing.com any time of day or night to get started.

Privacy is a priority

Your personal information is kept private as called for by federal and state laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).



Contact us

 myeaphelper.mybeaconwellbeing.com
 844-280-9629

This brochure is for informational purposes only and does not guarantee eligibility for program services. My EAP Helper services do not replace regular medical care. In an emergency, seek help right away.



My EAP Helper

Helping you thrive

Get personalized guidance and support

Everything in life affects your wellbeing. When you're healthier, you're happier. When your friendships and family relationships are strong, you feel less lonely. And when your finances are in order, life isn't so stressful.

Meaningful engagement with My EAP Helper experts can help you make changes to improve your overall wellbeing, navigate life events, and reach your goals.

We're here to help you and your household members:

- Overcome anxiety or stressful events
- Take care of relationship troubles
- Look after your loved ones
- Overcome sleep issues
- Deal with money, debts, or taxes
- Find legal advice
- Address anything else on your mind

All it takes is a single conversation to get things going. You will be matched with an expert who will provide support based on your personal needs.

Choose how you want support—by video, phone, or in person



Benefit provides **three no-cost visits** per issue per year.