

Employee Assistance Program (EAP)



Help, When You Need It Most

Life happens. Sometimes we need some extra support to help us get through the more difficult times. VNA offers all employees an EAP through Unum that provides work/life balance services and confidential assistance as close as your phone or computer. The EAP covers spouses, domestic partners, children, parents, and parents-in-law.

You can get up to 3 visits with a licensed professional counselor, at no cost, for things like:

- Stress, depression, anxiety
- Relationship issues, divorce
- Family and parenting problems
- Anger, grief

The EAP also provides resources to help work/life balance, such as:

- Child and elder care
- Legal questions
- Financial services, debt management, credit report issues
- Reducing medical/dental bills

How to reach out for help:

Toll-free, 24/7 access: 1-800-854-1446
or www.unum.com/lifebalance

