

# EAP Summary of Services

## A benefit for you and your family members provided by Pacific NW Cons Eng Hlth & Welfare Trust

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

### Counseling with an EAP Professional

Six (6) counseling sessions face to face, over the phone, or virtually for concerns such as:

- Relationship conflict
- Stress management
- Alcohol or substance misuse
- Conflict at work
- Family relationships
- Grieving a loss
- Depression
- Anxiety
- Professional development

### Resources for Life

Canopy will help locate resources and information related to childcare, eldercare, caregiving, and anything else you may need.

### Legal Consultations/Mediation

Contact Canopy for a free thirty-minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

### Financial Coaching

Coaches will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

### Identity Theft

Up to 60-minute free consultation with a Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist with restoring their identity, good credit, and dispute fraudulent debts.

### Home Ownership and Housing Support

Assistance and discounts for buying, selling, and refinancing. Resource retrieval for housing assistance.

### Coaching

Three (3) phone or video sessions with a Coach to support goal setting, healthy habits, and personal development.

### Pet Parent Resources

Free pet information and support, including pet insurance discounts, new pet parent resources, and bereavement support.

### Wellbeing Tools

- Fertility health support
- Will kit questionnaire
- Online legal tools
- Wellness and gym discounts

### Member Site

Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at [my.canopywell.com](https://my.canopywell.com), and register as a new user or log-in. Enter **PNCEHWT** or **Pacific NW Cons Eng Hlth & Welfare Trust** for company name when you register.

### LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the Member Site or visit [canopy.LifeBalanceProgram.com](https://canopy.LifeBalanceProgram.com).



Crisis Counselors are available by phone **24/7/365**

**call:** 800-433-2320 **visit:** [my.canopywell.com](https://my.canopywell.com) **email:** [info@canopywell.com](mailto:info@canopywell.com)

Canopy is committed to creating a safe, inclusive, and equitable society for all.