

# **Sentara Employee Assistance Program (EAP) through Sentara Behavioral Health Services, Inc.**

The Employee Assistance Program (EAP), is an employer-sponsored assessment and referral service. This valuable resource provides employees and their household family members confidential, individual assistance with a wide range of personal and work-related issues, including:

- **Workplace effectiveness**
- **Enhancing communication skills**
- **Managing stress**
- **Overcoming anxiety or depression**
- **Drug or alcohol dependency**
- **Parenting issues and family conflicts**
- **Strengthening personal relationships**
- **Physical abuse**
- **Financial concerns**
- **Compulsive gambling**
- **Legal questions**
- **Coping with grief or loss**

EAP will also provide referrals to experienced counselors (for telephone or 3-5 face-to-face consultations) for the following resources.

- Referrals for child or elder care services
- Financial counseling for assistance with debt management and budget planning
- Referrals to support groups (Alcoholics Anonymous, Overeaters Anonymous, Gamblers Anonymous, and other groups.)

**Please click on the Sentara EAP website below. The user name/password is "SENTARAEAP".**

## **Additional EAP Services offered through Anthem Resource Advisor**

Imagine having a counselor, a lawyer and a financial consultant on call whenever you need them. Actually, you don't have to

imagine it because with Resource Advisor, you already do. And, it's included with your Anthem Life Insurance Company group life and/or disability plan at no extra cost. Best of all, with Resource Advisor, you get resources you can use right away and when you have a claim.

**Counselling**

**Legal**

**Financial Planning**

**Identity Theft victim recovery services**

**Online tools to help with life's issues**

**Beneficiary Support Services**

Click on Summary for more information

**Call 1-888-209-7840**

**or go to the Resource Advisor website link below and log in with the program name: AnthemResourceAdvisor**

	Sentara Health Employee Assistance Program	Anthem Resource Advisor
<b>Carrier</b>		
<b>Plan Documents</b>		
<b>Company Information</b>		
<b>Company Name</b>	Sentara Health	Resource Advisor
<b>Contact Customer Service</b>	800-899-8174	1-888-209-7840

Provided By:

Karen Webb

- 3 Commercial Place, Suite 1600  
Norfolk, VA, 23510
- 757-531-7490
- karenwebb@townebenefits.com (mailto:karenwebb@townebenefits.com)

#### Blake Hadley

- 3 Commercial Place, Suite 1600  
Norfolk, VA, 23510
- 757-351-3150
- blakehadley@townebenefits.com (mailto:blakehadley@townebenefits.com)