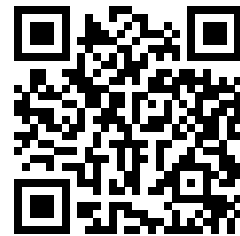


Easy.
Confidential.
No cost.



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resources are just a click
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 **Sentara**[®]
Health Plans

[sentaraEAP.com](https://www.sentaraEAP.com)
1-800-899-8174

Sentara EAP assists you with challenges you may be facing in your personal and professional life.



We are here to help you:

- improve relationships
- find tools to manage stress or anger
- explore child or eldercare resources
- cope with grief and loss
- manage conflict with a coworker or an employee
- make other positive changes in your life

Q&As

What can I expect when I call Sentara EAP?

Our friendly team members will ask for basic information, such as your name and your employer. They will assist you with scheduling a counseling appointment or provide you with the right resources based on your needs. You can choose an in-person, telephonic, or HIPAA-compliant virtual counseling appointment.

How can EAP counseling help me?

When you feel overwhelmed or when your typical coping skills aren't working, our clinicians can provide you with a different perspective and offer suggestions or interventions you haven't considered. Our focus is on helping you manage your life in a healthy and productive way.

What happens at a counseling session?

You'll first complete some basic paperwork and a health questionnaire. Next, you'll meet with a clinician who will assess your situation and work with you to develop solutions. Counseling sessions typically last about 45 minutes.

What online resources do you offer?

Sign in anonymously to sentaraEAP.com to explore helpful tools on relationships, emotional well-being, work/life balance, and financial and legal concerns. You can also check out our training center for on-demand courses on topics for self-growth and professional development.

Easy

Call **1-800-899-8174** to schedule an in-person, telephonic, or virtual counseling appointment. You don't need to go through your manager or human resources department to access counseling services.



Confidential

Discussions with our clinicians are protected by strict privacy laws. Sentara EAP will not share any information without your consent or unless required by law.



No cost

Our services are covered by your employer, so there's no cost to you or your household members.

