

Guidance and support for everyday life.



A wide range of
resources are
just a click away
at [sentaraEAP.com](https://www.sentaraEAP.com)

Sentara EAP is administered by Sentara Behavioral Health Services, Inc.



Easy

Call **1-800-899-8174** to schedule an in-person, telephonic, or virtual counseling appointment.



Confidential

Discussion with our clinicians regarding challenges such as reducing personal stress, improving relationships, and managing work and life commitments are protected by strict privacy laws.



No Cost

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