



EMPLOYEE ASSISTANCE PROGRAM

Triad EAP provides solutions for today's employee.

Whether you are facing challenging life problems or you want to take your personal or professional life to the next level, Triad has the resources to help.

WHAT IS AN EAP?

An employee assistance program is designed to assist employees with personal problems and/or work-related issues that may impact their job performance, health and mental or emotional well-being. Your benefits include access to mental health counseling, legal consultation, and financial coaching services.

WHAT IS EAP COUNSELING?

Short-term, solution-based counseling that focuses on connecting you with a licensed counselor who can provide tools that help develop coping skills for issues such as divorce, parenting dilemmas, the death of a loved one or attempts to overcome addiction – just to name a few. And the problems don't have to be situational: What about stress, depression and anxiety? The problems follow you from home to work and vice versa and ultimately affect how you perform on the job.

WHO ARE THE COUNSELORS

Triad EAP's network of counselors are highly qualified, credentialed professionals with expertise in various areas. Our counselors have a minimum of a master's level degree in psychology, counseling and/or social work; current liability insurance coverage; and active licensure.

HOW IS MY PRIVACY PROTECTED?

Triad is bound by strict privacy standards. The only information your employer sees is statistical and demographic data – no names or identifying details are given. Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are under a court order. (For more information, see Section 12-43-218 of the Colorado Regulatory Statute.)

HOW MUCH DOES IT COST?

Triad EAP is a pre-paid service offered by your employer. A set number of counseling sessions are included in your plan. For help beyond the scope of your EAP, your counselor may suggest continued treatment or other resources. You are responsible for fees incurred for services used outside of the EAP.

WHO CAN USE THE EAP?

Eligible employees, their spouse or significant other and dependents under 26 can access the benefits.

WHAT IF I'M IN CRISIS?

In case of a mental health emergency, call anytime 24-hours a day, seven days a week and talk to our on-call therapist at 877.679.1100.



HOW DO I GET STARTED?

- For mental health counseling, access the "Provider Search" tool on triadeap.com using the login information below. After selecting a counselor, call Triad EAP so a referral can be sent on your behalf.
- For legal or financial consultations call Triad EAP so we can establish a case and provide you with information on how to connect with an attorney or financial counselor.

Pre-authorization is required and can be obtained by calling Triad EAP between 8 am and 6 pm (MST) Monday through Friday.

Phone: 970.242.9536

Toll Free: 877.679.1100

EAST WEST HOSPITALITY

- Counseling Session Available: 6 sessions per incident, per year are available to full-time and part-time employees as well as their spouse or significant other and dependents 26 and under.
- Access to triadeap.com website
Username: **EAST**
Password: **WEST**



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Legal and Financial EAP Services:



WHAT ARE THE LEGAL BENEFITS? Your benefits include a free 30-minute consultation with attorneys on civil or criminal matters with discounted fees for most ongoing legal services.* Access to a variety of downloadable legal forms including a free state-specific Will Builder. An online legal library with articles covering topics such as bankruptcy, consumer rights, divorce, custody, real estate and estate planning.

WHAT FINANCIAL SERVICES ARE AVAILABLE? Free telephonic consultation with a financial specialist regarding budgeting, credit concerns, financial planning and assistance with identity theft recovery. Access to online tax preparation software that provides the ability to file simple tax returns at no charge. Visit the Saving Center, an online shopping program, that offers discounts up to 25% on name brand, everyday and luxury items.

WHAT ADDITIONAL ONLINE RESOURCES CAN I ACCESS? Monthly webinars covering a wide range of topics are available on-demand or in the webinar archives. Numerous articles and tip sheets that focus on improving your overall well-being.

Call Triad to schedule your financial or legal consultation services between 8 am and 6 pm (MST) Monday through Friday.

*The free 30-minute telephonic legal consultation with an attorney is available for a variety of issues (except employment law). If you request to meet in-person with an attorney within a certain mileage radius, coverage cannot be guaranteed depending on the category of your legal concern.

HOW WE CAN HELP

Our counselors can help clients recognize and successfully address issues including:

- Coping with depression
- Calming anxiety
- Stress management
- Enhancing relationships
- Balancing work and home life
- Sharpening parenting skills
- Working through grief, loss or trauma
- Improving work relationships
- Trouncing addictions
- Tackling financial or legal problems

Call today and get back on the road to peace and joy.

triadeap.com • 877.679.1100