



Village Employee Assistance Program Benefit Summary

Your employer Sargent Central Public School provides to you and members of your household access to an Employee Assistance Program (EAP) through The Village Business Institute. Your Village EAP offers short-term confidential counseling on multiple aspects of life at no cost to you.

1. Your Village EAP program offers professional guidance in areas such as:
 - a. **Relationship issues**- marriage counseling, family counseling, parent/child counseling, etc.
 - b. **Emotional health issues**- stress, anxiety, depression, grief, etc.
 - c. **Drug and alcohol issues**- assessments, evaluation & prevention education (does not include treatment)
 - d. **Workplace issues**- work/life balance, dealing w/difficult people, handling conflict, coping w/change, job stress
 - e. **Crisis counseling**- talk to a counselor 24/7
 - f. **Financial issues**- (credit assessments, budget counseling, debt management, retirement planning, financial coaching)
 - g. **Legal issues**- family law (divorce, wills, custody) & civil law (housing, harassment, motor vehicle) – 30-minute consultation with an attorney and 25% discount on their services thereafter
 - h. **Educational classes**- Parenting classes, Mind over Mood, First Time Homebuyers, Children of Divorce, Etc.
2. It is strictly **confidential**. Unless you ask us to, we won't tell anyone what is discussed in the counseling session.
3. It is **available 24/7, 365** days a year, with **nationwide** accessibility.
4. There is **no cost** to you or members of your household.
5. The **number of sessions available** to a covered individual's household is equal to the number of household members times (x) four (4). As an example, a household with five (5) members would have access to a maximum of 20 sessions (5 members x 4/member = 20 sessions) per 12-month period. Any number of those sessions can be used by any member of the household up to the total number. There is a minimum of 8 sessions per household.
6. It is easy to use. Call **1-800-627-8220** and **identify that you'd like to utilize your Village EAP benefit through Sargent Central Public School to schedule an appointment**. Our helpful staff will then guide you through the process.
7. Website: www.VillageEAP.com (case-sensitive **pw: VillageEAP**). Unlimited access to your comprehensive Village EAP wellness website. Visit the site and **sign up for your monthly employee newsletter today**.

You don't have to go it alone. We are here to help!