

## The Life Connection (TLC) - 100% Company Paid

### What is an Employee Assistance Program (EAP)?

An Employee Assistance Program provides short-term, confidential counseling for you and anyone living in your household regardless of whether you and/or they are covered under your health insurance plan at no out of pocket expense to you.

### Is it Confidential?

Yes, all discussions between you and the EAP counselor are confidential. Personal information is never shared with anyone (including Southern Utah University) at any time without your direct knowledge and approval. Exceptions are made only in cases governed by law to protect individuals threatened by violence.

Employee Assistance Program counselors are experienced, caring professionals who hold a Master's degree in counseling or a related field. They are certified or licensed by the appropriate state agency.

Counselors use a solution-focused therapy model and teach you how to resolve your unique problem while providing caring support along the way.

The entire cost of EAP services is covered in a monthly fee paid by Southern Utah University. All EAP services are free to you with no co-pay or deductible required.

Each household member is entitled to 6 face-to-face visits and unlimited number of phone calls per incident, per household member. Should you elect to receive mental health services through your medical benefit, The Life Connection (TLC) will not absorb the cost.

### How do I make an Appointment?

Setting up an appointment is as simple as calling the office. You will be offered an appointment time, generally within a couple of working days of your initial call. No paperwork or approval is needed and there is no charge. Counselors are available around the clock for emergency and crisis situations.

Seeking help early minimizes the chances of problems escalating and requiring more extensive services. Often, a few visits with a counselor are all you need to gain perspective and regain a sense of control over your life.

Call 1-800-280-3782

Code SUU

**EAP**  
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