



# Triad EAP ... Still supporting employees, families

With the COVID-19 outbreak, it may feel like things have changed a lot in the world. What hasn't changed is Triad EAP and our mental health support for you and your family. It may look a little different as we shift our method of delivery to protect the health of the people we serve, but we are still here for you!

## Telehealth counseling

- We have shifted to phone and computer platforms to help protect the health of our providers as well as those seeking mental health counseling.
- Telehealth is offered via phone or other electronic methods such as video conferencing services.
- Counselors specialize in various areas such as depression, anxiety, EMDR, relationship counseling, stress management, grief or trauma, addiction issues or parenting skills.
- 24-hour crisis counseling available 24/7 by calling 877-679-1100.

## Other resources

- We are still offering telephonic legal and financial consultation.
  - 30-minute consultations with attorneys (except employment law)
  - Unlimited financial counseling on a variety of issues
- Free online Will Builder.
- Free online tax preparation software for simple tax returns.
- Online Savings Center: online shopping center with corporate pricing discounts.
- Archived webinars on a variety of topics.

**HOW DO I GET STARTED?** Pre-authorization for scheduling mental-health counseling is required.

For mental-health counseling access the "Telehealth Counselor Search" tool on [triadeap.com](http://triadeap.com) using the login information below. After selecting a counselor, call Triad EAP so a referral can be sent on your behalf.

Pre-authorization 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

877-679-1100

970-242-9536

Visit: [www.triadeap.com](http://www.triadeap.com)

Username: **gj**

Password: **eap**

