

# EAP Summary of Services



**STARTING**  
**October 1, 2024**

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by your employer.

## **Mental Health Hotline 24/7/365**

In-the-moment consultations and assistance from a mental health professional.

## **Counseling**

Eight (8) sessions in-person, on the phone or virtually for concerns such as:

- **Depression**
- **Anxiety**
- **Relationships and family**
- **Workplace challenges**
- **Alcohol or substance misuse**
- **Grief and loss**

## **Coaching**

Eight (8) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

## **Anonymous Virtual Peer Support**

A safe place to connect, share and discuss what's on your mind.

## **Member Site**

Personal and professional development videos, webinars, self-assessments, legal tools and more at **my.canopywell.com**. Register as a new user or log-in with organization name: **OEBB**

## **Canopy EAP App**

Access digital therapy and wellness tools to improve the way you feel.

## **Self-Scheduling Portal**

Register with your work email address for online provider search and appointment management.

## **Resources for Life**

### **Adult and Childcare Services**

Assistance in finding childcare, adult care, caregiving resources, and more.

### **Legal Consultations/Mediation**

Free 30-minute consultation and a 25% discount on services thereafter.

### **Financial Coaching**

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

### **Identity Theft**

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

### **Home Ownership and Housing Support**

Aid and discounts for home transactions and housing assistance resources.

### **Pet Parent Resources**

Information, support, and discounts for pet owners.

### **Wellbeing Tools**

Fertility health support, wellness resources, and gym discounts.

**Canopy** is committed to creating a safe, inclusive, and equitable society for all.