



Tele-EAP Services

Your Employee Assistance Program offers appointments via phone or video from the comfort of your home, car, office, etc.

EAP CAN HELP WITH:

- Relationships & Family Communication
- Managing Stress, Anxiety, or Depression
- Coping with Grief, Loss, or Change
- Substance Abuse and Addictions
- Team Conflict & Communication
- Life Transitions & Major Decisions
- Financial Stress and Goal Setting
- Parenting / Child Behavior
- Balance Work/Life Demands
- Caregiver Stress/Burnout
- Coping with Diagnosed Illness/Pain
- Action Planning Support
- Supervisor Skills Coaching
- Motivational Support

Lighthouse Telehealth Employee Assistance Program

Call 419-475-5338
to schedule an appointment