

Early Assistance Program



Manage the challenges of being in the healing profession

1-800-553-7798
wellspringeap.org

USERNAME:
Providence Health and Services

wellspring EAP

A confidential source of support for you and your family

COUNSELING: Up to in-person or virtual meetings (video, telephonic, asynchronous text, or live chat) with a counselor you'll be referred to based on your needs. You can get help with:

- Substance misuse
- Anxiety and depression
- Child development & parenting
- Effective communication
- Divorce
- Domestic violence resources
- Grief and loss
- Relationships
- Stress management
- Chronic illness
- Work/Practice related problems

LIFE RESOURCES: Unlimited calls and chat sessions with a resource consultant to help you find resources related to:

- Childcare and parenting resources
- Older adult and eldercare resources
- Daily living/consumer resources

Your life resources also include a 30 minute consultation, along with resources and tools for:

- Legal Issues
- Financial Issues
- ID Theft

MANAGEMENT CONSULTATIONS: Unlimited consultation regarding practice management and personnel support

- Performance reviews
- Sensitive conversations
- Human resources issues
- Communication issues
- Workplace violence
- Critical incident response
- Concerns between colleagues

Website Tools

Your EAP website is designed to provide you with information about your EAP benefit with direct access points for you to connect with us while you're there. The site also offers access to wellness resources for those in the healing profession.

REVIEW BENEFITS

Learn about the Early Assistance Program, the services available to you and your benefits eligible family members, get an overview of how it works, and find answers to frequently asked questions.

ACCESS SERVICES

With this dedicated section of the website, you'll find information on specific EAP benefit components with direct access points to utilize them. Select from either a phone number to call, a link to send in a referral request, or the option to chat live with an Eldercare, Childcare or Daily Living consultant via instant messaging.

FIND RESOURCES

Explore the library of online tools, resources and information related to your EAP benefit components including Childcare/Parenting, Adult/Eldercare, Daily Living Resources, Legal, Financial and ID Theft Victim Resources.

LEARN SKILLS

Take advantage of opportunities to learn practical solutions through webinars that cover topics related to finance, health & wellbeing, relationships, parenting, anger management, caring for aging parents, addictions, self-care and more.

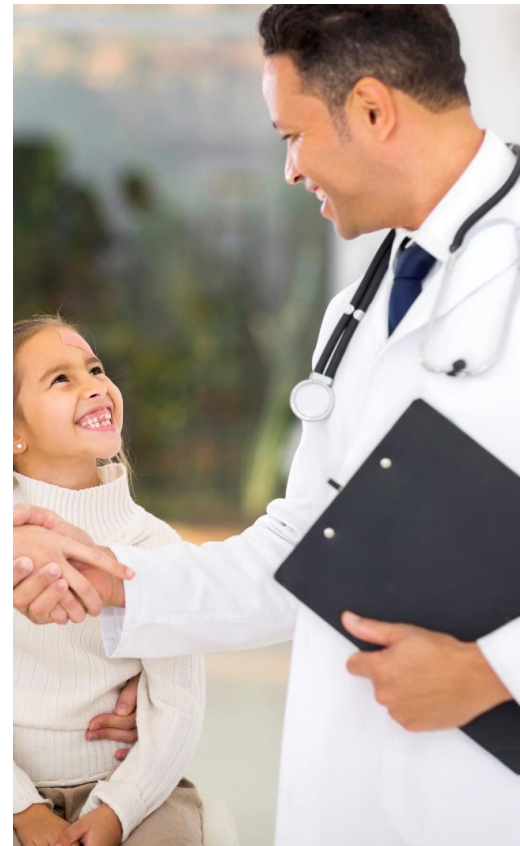
WELLNESS TOOLS

Offers supportive wellness resource articles for practitioners, including sleep health, stress management, depression, balance, grief and loss, substance abuse, tools for thriving and more.

STRESS CENTER

A web-based stress management center that offers a variety of resources to help manage stress. Choose from educational content, desktop interventions or long term programs. Access the Oxygen Plan: A comprehensive self-driven stress management program with a unique assessment measures stress levels with a numeric value called Stress Number[®] --a new health metric to help you track your stress levels at home, at work and in your social life.

Resources &
information available
24 hours a day



FOR SUPPORT:
1-800-553-7798

wellspringeap.org
USERNAME:
Providence Health and Services