



Your well-being is important to your employer.

Your employer recognizes that, at any time, you or your family members may experience personal difficulties that may seriously impact your life. If these difficulties go unresolved for a period of time they are likely to impair your ability to cope as effectively at home and on the job. That is why your employer provides a confidential Employee Assistance Program (EAP) for you and your family.

Your use of our services is not reported to your employer. The EAP benefit provides Professional Counseling Services, Legal, Financial and other resources to assist your emotional and mental well-being and bring balance to your life.

Provider Locations



Office Information

Phone Toll Free 1.800.645.6571

Contact ProfileEAP@centura.org

ProfileEAP.org



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Profile
EAP

Profile Employee Assistance Program

HELPING EMPLOYEES
BALANCE WORK, FAMILY & LIFE



Who is covered under the benefit?

All full-time and part-time employees, spouses and unmarried dependent children to age 26 are covered. Please check the insert for the number of sessions provided by your employer.

How does the EAP work?

Getting help is simple. You can schedule an appointment by calling toll free at 1.800.645.6571. Our operating hours are 8:00 a.m. to 5:00 p.m. (MST), Monday through Thursday and 8:00 a.m. to 4:00 p.m. (MST) on Fridays. A counselor is available 24 hours per day, 7 days per week for crisis assistance. Or, visit our website ProfileEAP.org to access other benefits.

Counseling Benefit

Our licensed, master's level counselors are available for support and assistance for issues such as:

- Relationship issues
- Family problems
- Grief
- Stress, depression or anxiety
- Addictions
- Workplace difficulties

Most personal or professional problems are appropriate for seeking assistance through your EAP. We can also help you navigate the complex world of mental/behavioral health.

Confidential

Profile EAP is located away from your workplace. This is intentional to maintain your privacy and to create a comfortable atmosphere to discuss difficult issues. The Laws of Confidentiality protect you by making it illegal and unethical for anyone to release information from a session unless written permission is given by you.

24/7 Crisis Service

If you need help in handling a crisis, after hours, a licensed counselor can be reached 24 hours a day at 1.800.645.6571.

Work/Life Benefits

We offer a broad range of solutions for your everyday work/life problems. These may include:

- Legal problems not related to employment
- Financial information and coaching
- Childcare or eldercare consultation and referrals
- Interpersonal skills with co-workers or family



Web-Based Information Resources

Sometimes the best solution simply requires finding the right information. We have a large searchable database of articles, free online seminars, legal and financial resources, assessment tools and much more to help you.

Log on to the website and enter your Company Code or download the MyLifeExpert mobile app and set up your personal username and password.

Access our library for help with:

- **Well-being**
Information for dealing with everything from stress to substance abuse
- **Financial**
Articles, tools, calculators to help with most financial needs
- **Legal**
Legal forms, articles, and information for most legal problems or questions
- **Work-Life**
Online search for childcare, elder care, and other daily living needs.