



866-660-9533

(24/7, free)

# Help Starts Here.

VLCT Member's Employee and Family Assistance Program

## Invest EAP is Here for You

EAP/Centers for Wellbeing is our free, confidential, and independent program that supports the health, safety and well-being of you and your household. **When you're ready to talk, EAP is here for you.**

## Personalized Solutions

Are you feeling the impacts of family stress, societal injustices, financial worries, or a heavy workload? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



**Want to request an appointment online? It's easy - simply scan the code and enter your information.**

*Need to create a login?  
Visit [www.investeap.org/members/register](http://www.investeap.org/members/register)  
and our **organizational password is vlct***

## How It Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor**. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. All of our services are currently provided by phone or video in accordance with COVID precautions.

This benefit includes everyone in your household.

## Private and Confidential

Your participation in EAP is **voluntary and strictly confidential**. Your employer will not know that you contacted us or what you talked about.

I think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

Why do I feel so angry all the time?

**Our approach is positive and proactive. EAP is eager to help you with free, confidential counseling and resources — no matter how big or small your problems might be.**

## Get in Touch 24/7

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

[www.investeap.org](http://www.investeap.org) | password: vlct  
866-660-9533 (toll-free)