

## About Your EAP Benefits

No matter what stressors you face inside or outside the workplace, we have services and a local team of experts ready to help.

To access any of your benefits, call Penn Foundation's EAP office at 215.257.6556.

### Counseling and Psychiatry

Confidential, professional counseling for you and members of your household for a variety of issues including:



- Stress management
- Premarital, marital, or relationship
- Support
- Grief/loss
- Work-life balance
- Career & work-related support
- Depression
- Anxiety
- Alcohol or drug use
- Child and adolescent issues
- Parenting support

You and members of your household (18 years of age and older) also have access to a psychiatrist. Psychiatry services are only available at our Sellersville Office.

### Discounted Legal Fees

Employees who are part of a Penn Foundation Employee Assistance Program benefit by receiving a free, 15-minute phone consultation and a 20% discount on designated "positive legal" services, such as:

- Wills
- Living wills
- Powers of attorney
- Divorce mediation
- Elder mediation

