

Does my Organization Need an **Employee Assistance Program (EAP)**?



Let's find out.

START

Does your group benefits plan **already have an EAP (or something similar) in place?**

no

yes

Are you willing to invest as little as a takeout coffee per employee per month in their mental health?

no

yes

Is the program inclusive to all employees on your benefits plan?

no

yes

Do you believe that, as an employer, you are responsible for your employees' mental health?

no

yes

Are your employees aware that they have access to these services?

no

yes

What is your primary reason for wanting to offer an EAP?

Protect employees' mental health

Show you care for employee wellbeing

Lower the cost of your benefits plan

Improve productivity

Receive expert assistance in the form of trained professionals

FINISH

Continue to investigate an EAP

You may not feel you're ready for an EAP in your workplace right now, **but we encourage you to continue to explore the merits of an EAP.**

Employees' mental health has a significant impact on their productivity and the quality of their work. When employees are stressed and unhappy, this can negatively impact your business.

EAP's provide employees with a resource to help them through life's ups and downs and manage their stress levels. And with today's rising mental health issues, EAPs are more crucial than ever.

If you're interested in having a conversation about the merits of an EAP, contact your Advisor.

An EAP makes sense to me

Whether you're looking to improve productivity, lower the cost of your benefits plan, receive expert assistance, protect employees' mental health, or show your employees you care, an EAP is for you.

EAPs provide employees with a resource to help them through life's ups and downs and manage their stress levels. And with today's rising mental health issues, EAPs are more crucial than ever.

If you already have an EAP in place, congratulations — you're ahead of the game! If not,

take the next step in supporting your employees' mental health by talking to your Advisor.

Regardless of your decision to take an EAP now or later **we encourage you to chat with your Advisor to see what is best for you and your employees!**

For more information about EAPs download the full EAP Ebook: [Supporting a Mentally Healthy Workplace: EAP Ebook](#)

