



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

# EAP and PAP services are available through Telehealth!

Now that all of us are dealing with the issues from the Coronavirus (COVID-19), a global pandemic, anxiety and stress levels may be higher than normal for many people. If you already struggle with mental health problems, you may worry about the impact of COVID-19 on your condition. If you are facing challenges at work because you are on the “front lines” of serving our community, you may be worried about the impact on you or your family. If your job has changed or is at risk, if you are sheltering at home, or if you are working from home, you may find yourself with unexpected challenges as well.

We wanted to reassure you that you have EAP resources available to you during these challenging times. Though it might not be safe for you, or for your counselor, to see each other face-to-face, we wanted to assure you that we have other ways of providing you with free, confidential EAP services.

## Telephonic Support



You can call us to talk with a counselor. We can set up an appointment for you to talk with our EAP professionals by phone.

## Video Counseling



You can call us to set up an appointment to speak with our counselors through a secure video platform.

You also still have free Legal, Financial, and Eldercare consultation available to you by phone.



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**(808) 597-8222**

Toll-Free (877) 597-8222

**Employee Assistance of the Pacific**

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Physician Assistance Program

**(808) 597-8229**

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