

# Navigating life's journey – A guide to your Employee Assistance Program



# Your life's journey – made easier



Counseling



Work-Life Services



Digital Emotional  
Wellbeing Program



Life Enrichment  
Services

**FREE – CONFIDENTIAL – AVAILABLE 24/7**

- Manage stress*
- Relationship difficulties*
- Conflict with a supervisor or coworker*
- Help to cope with change*
- Anger issues*
- Alcohol or drug problems*
- Sleep disturbance*
- Grief and loss*
- Depression*
- Lack of support*
- Anxiety*
- Work-life balance concerns*

# Counseling

**Counseling provides a convenient, confidential, safe, and non-judgmental environment to work on issues and learn new coping skills**

*Up to 8 sessions of counseling*

- Counseling for the entire family**— individuals, couples and teens
- Staffed by licensed**, trained, experienced and accredited psychologists, marriage and family therapists, clinical social workers and professional counselors
- Support** for anxiety, burnout, grief, relationship problems, stress, substance misuse and trauma
- Quick and easy access to care**, meet in-person or virtual therapy via text, phone, video or live chat

# Virtual Counseling - BetterHelp

You've been matched with **Debbie Cherry** (LMFT)

Empowering others to live their best life is my passion. I know more is possible with persistence, growth, and deeper awareness. As a psychotherapist, former business owner, and mom/wife, I would love to support you on your path to break old habits that no longer serve you and create new ones that bring you the joy you deserve.

I am a very down-to-earth therapist who has been counseling & coaching for over 20 years now, but I am still young enough to understand the complexities of navigating the world today. Happy to connect.

**Specialties**

Relationship issues, Parenting issues, Self esteem, Coping with life changes, Coaching

Also experienced in:

Stress, Anxiety, LGBT, Family conflicts, Intimacy-related issues, Career difficulties, Compassion fatigue, Communication problems, Emissiness, Family of Origin Issues, Life purpose, Pregnancy and childbirth, Self-love, Read more...

**Clinical approaches:**

Acceptance and Commitment Therapy (ACT), Attachment-Based Therapy, Client-Centered Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Emotionally-Focused Therapy (EFT), Existential Therapy, Gottman Method, Imago Relationship Therapy, Jungian Therapy, Mindfulness

5:33

Schedule another time

Schedule a session with your therapist

April

SUN MON TUE WED THU FRI SAT

21 22 23 24 25 26 27

10:00am 10:30am 11:00am 11:30am 12:00pm

Times shown in CDT

If you don't see a time that works for you, please message your therapist to schedule a different time.

Close

Use this to schedule a live session with Debbie Cherry.

Therape Schedule Worksheets More

**What types of therapy are you looking for?**

**Individual**  
For myself

**Teen**  
For my child

**Couples**  
For me and my partner

**betterhelp**

# Digital Emotional Wellbeing Program

Build resiliency, manage stress, improve mood, sleep better or simply find daily inspiration.

- Access educational content** on topics ranging from mindfulness to common behavioral health concerns
- Track behaviors** like mood, sleep, stress and pain
- Interactive, self-paced programs** matched to your preferences
- Complete activities** such as breathing exercises, meditation, yoga or journaling
- Clinically validated assessments** for screening and ongoing risk monitoring
- In-the-moment tools** for coping with daily situations

# Digital Emotional Wellbeing Program

## Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

## Learn how to cope with and manage the effects of:

• Anxiety and stress	• Grief and loss
• Attention-Deficit Hyperactivity Disorder	• Sleeplessness
• Chronic pain	• Substance use disorders
• Depression	

Within the Digital Emotional Wellbeing Program, access award-winning digital cognitive behavioral therapy (DCBT) modules and journeys for adults and youth.



**ComfortAble®** for chronic pain



**FearFighter®** for anxiety, panic and phobia



**MoodCalmer** for depression



**RESTORE** for insomnia



**SHADE** for substance use disorder



**ThinkHero<sup>SM</sup>** for anxiety symptoms (ages 6 – 12)



**ThinkWarrior<sup>SM</sup>** for anxiety symptoms (ages 13 – 17)

# Work-Life Services

- Interactive, online support tools** and content, including thousands of articles, live talks, practical tips and discounts
- Locate** childcare providers and navigate school options
- Resources for help** with relationships, parenthood, pet ownership, moving and more
- Research** elder care and living arrangement options

# Work-Life Services

**Adult Care & Aging**

**Child Care & Parenting**

**Daily Living**

**Education**

**Housing & Moving**

**Pet Ownership**

**Relationships**

**Special Needs**

**Pregnancy & Adoption**

**Health & Wellness**

# Financial Wellbeing

- Three 30-minute confidential telephone consultations** per year, per topic with an unbiased Money Coach
- Take a financial assessment** to learn how money is affecting health, wealth and financial status and work through a personalized financial plan
- Access to a member website** with top-notch content including monthly live webinars, articles, videos and financial calculators

# Legal Services

- One free 60-minute consultation** per topic, per year on the phone or in person with an attorney or mediation expert
- Self-serve access** to instantly create state-specific legal forms
- Support for topics** including criminal matters, immigration and naturalization, estate planning, family law, personal property, taxes, audits and more
- Legal library** with articles on bankruptcy, consumer finance, landlord and tenant, personal property, divorce, pets, criminal law and more

# Identity Theft Resolution

- One 60-minute telephone consultation** per issue, per year with a Fraud Resolution Specialist™ (FRS)
- FRS listens, answers questions** and gives direction and tools for the individual to start resolving the fraud issues
- Access** to ID Theft Emergency Response Kit

# How to contact your program

*365 days a year  
7 days a week  
24 hours a day*

**800-346-0110**  
**Inova.org/EAP**

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