



1-866-660-9533

Vermont Educators: A Fresh Start

Your Supervisor and Employee Assistance Program

Invest EAP is Here for You

Invest EAP is your Employee and Household Assistance Program (EAP). We are a **local, free, and confidential** program here to provide you with counseling, resources, and support. When you're ready to talk, EAP is here.

Personalized Solutions

Are you feeling the impacts of the latest stage of the pandemic, societal unrest, financial worries, or family dynamics? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to make an appointment online? It's easy!

Visit us online and request an appointment:

investeap.org/need-assistance

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. Most 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 the content of your sessions.

I'm not getting through to one of my colleagues.

I'm worried that my teen has a drinking problem.

I'm really stressed about money and childcare right now.

This situation feels unfair and I feel helpless.

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

1-866-660-9533 (toll-free)

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

www.investeap.org

Create a login using organization password: vsbit