



Cumberland Presbyterian Church wants our employees to have the best quality of life possible. We understand that the demands of work and life can be hard to manage at times. That is why we have partnered with Beacon Health Options, a health improvement company that specializes in mental and emotional well-being and recovery, to provide an employee assistance program (EAP) and work/life services for our employees and their household members.

The EAP provides information, referrals, and support to help you reach personal goals and bounce back from hardships. EAP experts are available for support with:

- Marital and family concerns
- Stress management
- Financial planning and legal issues
- Managing anxiety and depression
- Workplace stress
- Child and adult care issues
- Relationship issues
- Substance use concerns

It is free and available 24 hours a day, 365 days a year. Benefits include:

- *Counseling services.* Call 1-866-950-7656 or visit: <https://FeelGreat.MyBeaconWellBeing.com> to talk with a professional, licensed counselor. EAP counselors have experience in stress management, grief and loss counseling, work/life balance, substance use disorder, and more.
- *Referral services.* EAP counselors can provide referrals to screened professionals in your area. Call to get referrals for local counselors, child and adult care providers, financial advisors, and attorneys.
- *Online resources and information.* <https://FeelGreat.MyBeaconWellBeing.com> offers health and wellness articles, videos, calculators, and assessments to help make your life easier.

To access the EAP, call 1-866-950-7656 or go to <https://FeelGreat.MyBeaconWellBeing.com>. Your personal information is kept private as called for by federal and state laws.

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