

# HALCYON EAP

EMPLOYEE ASSISTANCE PROGRAM FOR SIERRA VIEW MEDICAL CENTER

## HALCYON EAP IS THE EMPLOYEE ASSISTANCE PROGRAM (EAP) FOR EMPLOYEES AND THEIR HOUSEHOLD MEMBERS

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, Halcyon EAP will be there to help. The Halcyon Employee Assistance Program (EAP) is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. Halcyon EAP provides confidential, professional referrals and up to three (3) sessions, every six (6) months of face-to-face counseling sessions for a wide variety of concerns, such as:

**ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS  
SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS**

### EXPERT REFERRALS AND CONSULTATION

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL ASSIST** Free Telephonic or Face-to-Face Legal Consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care, Home Improvement and More

### CONFIDENTIALITY

Halcyon EAP upholds strict confidentiality standards. Nobody, including your employer, will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

**PHONE**  
**SMS**  
**WEB**

**1-888-425-4800**  
**TEXT 'SUPPORT' TO 51230**  
**WWW.HALCYONEAP.COM**  
**Username: svmc**

### TECHNOLOGY AND YOUR EAP

#### WEB

- Practical Tools and Resources to Practice Resiliency, Mindfulness and Other Skills
- Search Engines for Dependent Care, Education, Legal, Financial and Convenience Services
- Discounted Gym Memberships
- Secure Video Counseling Through the eConnect® Portal
- On-Demand Education
- Bilingual Content (English and Spanish)

#### MOBILE

- eConnect® Mobile App for On-The-Go Access
- Call or Live Chat with a Licensed Counselor
- Schedule Video or In-Person Counseling



#### TEXT THERAPY

- Exchange Text Messages, Voicenotes and Resources with a Licensed Counselor through the Textcoach™ Mobile and Desktop App

