

# 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





# DIGITAL BEHAVIORAL HEALTH

You're stronger than you think.



The Animo program, offered in conjunction with Halcyon EAP, provides web and mobile tools that help users address stress, depression or anxiety.

Animo is safe and secure – just for you. It offers personalized resources to support your focus and wellbeing.

Discover your inner strength today by visiting the Animo portal, downloading the Animo app or clicking the Animo tab on the Halcyon EAP website.

## ANIMO MODULES

The Animo platform includes a library of digital modules and sessions, such as:

- Coping with Panic
- Diaphragmatic Breathing
- Mindfulness
- Problem Solving
- Stress Management
- Visualization
- Worry Control

## ANIMO SOCIAL

  @animotherapy

## WEB

[www.goanimo.com](http://www.goanimo.com)

Use your employer's name as the code to create a personal profile on Animo.

## MOBILE



# TAKE THE GUESSWORK OUT OF YOUR EMOTIONAL FITNESS

## Guidance to Personalized Support and Resources



### LOOK FOR THE NAVIGATOR ICON TO GET STARTED

You'll start by completing a short survey and telling us a little about yourself – your emotions, your feelings and how they're impacting everyday life. From there, we'll provide a personalized Emotional Fitness Report outlining a variety of care choices you can access to improve your mental wellbeing.

[WWW.HALCYONEAP.COM](http://WWW.HALCYONEAP.COM)



DOWNLOAD THE  
MOBILE APP



Halcyon  
EAP

### YOU'RE ALL SET!

Based on your results, the following resources and services are recommended to support your emotional fitness.



#### Digital Behavioral Health

Animo provides a variety of self-directed dynamic resources that improve emotional fitness, reduce the stigma associated with mental health treatment and enhance overall wellbeing. Click the button below access the Animo portal.

[Access Animo >](#)



#### Text Therapy

Textcoach® helps you boost your emotional health and wellbeing through a personalized exchange of text messages, voicenotes, tip sheets, videos and other resources. Visit Textcoach® portal to get started today.

[Access Textcoach® >](#)



#### Counseling

Through the program, you have access to confidential, short term counseling. To schedule your first session, Call your program or click the button below.

[Schedule Counseling >](#)





Halcyon  
EAP



COACHING MOBILE APP



<  **Caley Mahar**  
LCPC, BC-TMH

Welcome to Emotional Fitness Coaching! Your Coach is on the way. In the meantime, please take a moment to watch this brief introductory video about Emotional Fitness Coaching.



4 minutes ago

Hi John, Just checking in to give you some information on how this all works! You can message me via text or audio messages 24/7. I loo into the Emotional Fitness Coaching

Send

# COACHING THAT PUTS HAPPINESS AT YOUR FINGERTIPS.

## 3 WAYS TO ACCESS A COACH:

1. Click the Emotional Fitness Coaching () icon at [www.halcyoneap.com](http://www.halcyoneap.com) and register, **OR**
2. Download the "eConnect Coaching" app on your mobile device and register, **OR**
3. Visit "[www.text.coach](http://www.text.coach)" and register to begin texting with a counselor today



## Frequently Asked Questions

**What is Halcyon EAP?** The Halcyon Employee Assistance Program (EAP) is a free, confidential benefit for employees and their immediate family members to assist with a wide range of personal and professional concerns.

### Why would someone need the Halcyon EAP?

We all experience stress in our lives related to family and relationships, work-life balance, substance abuse or mental health concerns like anxiety and depression. It can be helpful to have a professional to turn to for guidance, support, resources and referrals that we might not come across on our own.

### What happens when I call the EAP?

When you contact Halcyon EAP, you'll speak directly to a licensed counselor. The intake process will include an experienced clinician gathering information about you and the nature of your concern. The counselor will then coordinate the most appropriate resources that best meet your needs. These resources can include scheduling short-term counseling with a local provider, work-life resources and/or referrals to community resources or treatment providers through your health insurance plan.

### When will I receive my EAP Counseling referral?

After your intake, we'll identify an appropriate local counselor to meet your needs. We always confirm that the provider meets your needs and is within your insurance network, just in case longer term care is needed. For routine referrals, this process typically takes no longer than one to two business days. Halcyon EAP is always available around-the-clock for immediate support.

### Is Halcyon EAP confidential?

Yes! No one, including your employer, will know that you have used Halcyon EAP services. If you have been "formally" referred by your supervisor, he/she will only be advised of your follow-through with the recommendations made, not the details of your situation. Exceptions to confidentiality may apply by law if there are concerns regarding your safety or the safety of others.

### How much does it cost to use the EAP?

There is no cost to you or your immediate family members to use the Halcyon EAP program. If services beyond the EAP are needed, the Halcyon counselor will provide referrals based on coverage through your health insurance plan or other cost-effective resources in your community.