



The UT Employee Assistance Program (EAP) is designed to provide free, confidential assistance to help employees and their families resolve problems that influence their personal lives or job performance. Below are some quick steps and resources to get started today.

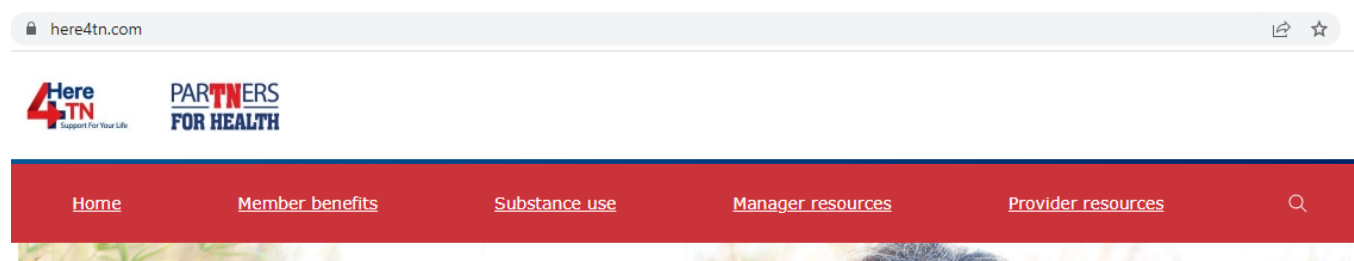
What to expect when calling the EAP:

1. Call 855-Here4TN (1-855-437-3486)
2. You may get questions to verify you're a UT employee.
3. Share briefly about your situation.
4. Ask questions and be clear about what you prefer (i.e. provider closer to home? To work? Specialty Area? Etc.)
5. Obtain the EAP code to share with your provider about the 5 free sessions.
6. Ask for multiple providers and ones that are accepting new patients.

EAP can help you take action to:

- Manage stress
- Find support for anxiety, depression, or substance use
- Improve relationships at home or work
- Find childcare or elder care resources
- Get advice on finances
- Access legal services
- Find other resources or support

Website: <https://www.here4tn.com/>



EAP Benefits: <https://www.liveandworkwell.com/content/en/member/benefits/eap.html>

- Emotional support
- Work-Life services
- Financial and legal services

Behavioral Health Benefits:

<https://www.liveandworkwell.com/content/en/member/benefits/bh.html>

- Explore care options
- Learn about therapy
- Substance use support

Virtual Visits: <https://www.liveandworkwell.com/en/member/benefits/virtual-visits.html>

- Schedule appointments at your convenience
- Get confidential care without leaving home
- Find support for depression, substance use and more

Take charge at work:

<https://www.takechargeatwork.com/content/tcaw/here4tn/en/landing.html>

Working with a coach over the phone, employees learn to manage symptoms of depression and stress in the workplace – Take Charge at Work can help!

Sanvello: <https://www.liveandworkwell.com/content/en/member/library/sanvello.html>

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression – anytime!

- Daily mood tracking
- Coping tools
- Guided journeys
- Personalized progress
- Community support

Talkspace: <https://www.talkspace.com/connect>

Talkspace helps you engage with a licensed, dedicated therapist; anytime, anywhere. Send private messages (text, voice, video) or schedule live video sessions. 24/7 Access; No office visit needed.