



# EAP Summary of Services

The Employee Assistance Program (EAP) is a **FREE and CONFIDENTIAL** benefit for you and your family members provided by Infinity Rehab

## Counseling

Five (5) sessions in-person, on the phone or virtually for concerns such as:

- Depression
- Anxiety
- Relationships and family
- Workplace challenges
- Stress management
- Alcohol or substance misuse
- Grief and loss
- Professional development

## Resources for Life

Assistance in finding childcare, adult care, caregiving resources, and more.

## Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

## Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

## Identity Theft

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

## Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

## Coaching

Five (5) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

## Pet Parent Resources

Information, support, and discounts for pet owners.

## Wellbeing Tools

Fertility health support, wellness resources, and gym discounts.

## Member Site

Personal and professional development videos, webinars, self-assessments, online legal tools and more at [my.canopywell.com](https://my.canopywell.com). Register as a new user or log-in with company name:

## Infinity Rehab

## Canopy EAP App

Access digital therapy and wellness tools to improve the way you feel.

## Self-Scheduling Portal

Register with your work email address for online provider search and appointment management.

Canopy is committed to creating a safe, inclusive, and equitable society for all.

Crisis Counselors are available by phone 24/7/365



800-433-2320



503-850-7721



[my.canopywell.com](https://my.canopywell.com)



canopy