

Get to Know Your Employee Assistance Program



Your Employee Assistance Program (EAP) offers a variety of resources designed to improve wellness, enhance organizational performance and improve financial outcomes. EAP services are designed to help employees and family members resolve a wide range of issues to restore both personal and professional effectiveness. Services are free, confidential, and available to you and your household family members.

EAP Services & Resources



AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

Toll-Free Phone: 1.833.539.7285
EAP Website: <https://sowi.mylifeexpert.com>
Company Code: SOWI



COUNSELING & SUPPORT

Whether you are dealing with stress, anxiety, depression, relationship issues, substance abuse issues, or work issues, call for immediate support. The EAP can also provide referrals for in-person, phone, or video counseling sessions with a highly qualified counselor. You, and your household family members, are eligible for up to six free confidential counseling sessions.



ONLINE TOOLS & RESOURCES

The EAP website at sowi.mylifeexpert.com is your online resource, available when you need it. The website provides you and your family with tools and information to address life's pressing concerns. You will find webinars, self-assessments, soft skills trainings, podcasts, articles, and more. Additionally, you can access calculators, childcare and eldercare resources, download legal and financial forms, and more.



MANAGEMENT & ORGANIZATIONAL SERVICES

The EAP's Management Service Team (MST) provides unlimited, confidential telephonic consultations to leadership to help develop solutions to complex individual and team issues. MST offers guidance on ways that reduce conflict, increase productivity, decrease attendance issues, and address personal issues that may affect one's work performance. Additionally, your EAP can support and provide guidance for a workplace trauma or other critical incidents that impact the workplace. These services are available 24/7.



LEGAL SERVICES

Legal concerns can be stressful, costly and often result in lost work time. Reach out to the EAP for a referral for a free 30-minute consultation with a lawyer for any issue (excluding work related issues). After the 30-minutes, you will receive a 25% discount for additional time and services. General legal information and forms, including a simple will form, can be found at sowi.mylifeexpert.com.



FINANCIAL SERVICES

Sometimes we don't know where to start when we are having financial issues or just have questions. Contact the EAP for a free 30-minute phone consultation with a financial expert. Additional information on budgeting, debt management and getting ready for retirement can be found at sowi.mylifeexpert.com.



WORK/LIFE SUPPORT & REFERRAL SERVICES

Let us do the leg work when it comes to researching fitness centers, colleges, adoption services, relocation services, volunteer opportunities, pet care, entertainment, doctors, home repair services, and so much more. Your time is too valuable; our research team is standing by to do the work for you.



CAREGIVER SUPPORT SERVICES

Are you looking for childcare, summer camps, afterschool activities, or back-up care? Need help finding referrals for assisted living facilities or in-home care for an older parent? We can help. Reach out to speak to one of our Child or Elder Specialists, available 24/7. In addition to referrals, they can offer expert advice and guidance tailored to your area of need.

