



Life Happens. We're Here to Help.

You're automatically enrolled in WellSpan EAP, at no cost.

Employee Assistance Program (EAP)

WellSpan EAP is a confidential program of counseling services for you and your family to help with any type of personal problem that affects your personal well-being, job performance, home life and health.

- Available to full-time and part-time employees of **Elizabethtown College** – you're automatically enrolled.
- **Receive three (3) EAP counseling sessions per person from April to March each year.**
This includes employees, their spouse, and eligible dependents.
- No cost, with no co-pays or deductibles.

Be assured that **your information will be kept confidential**. No one, including your employer, will be informed that you contacted us.

Requesting Services

- **Please call WellSpan EAP at 1-800-673-2514 to schedule an appointment** – we'll help connect you with a provider.
- You may also call our providers directly to schedule; use the **Provider Search Tool on WellSpan.org/EAP** to find a provider convenient to you.
- When scheduling, mention you want to use WellSpan EAP and provide the name of your employer.
- You'll be asked for your insurance information in case you go beyond your free EAP sessions.
- If you have questions, need assistance or live outside of South Central Pennsylvania, call us at 1-800-673-2514 – we're happy to help!

Office hours vary by provider and location. Your provider's office will work with you to find an appointment time that meets your needs.

Reach Out

Customer service: Call for customer service issues, questions or assistance.

1-800-673-2514 | Monday - Friday, 7:30 am - 4:30 pm.

Emergency services: If you're in crisis, call toll-free at to speak with a crisis counselor.

1-800-673-2496 | 24 hours a day, seven days a week

Other Resources



Get personalized support for stress, anxiety, sleep and more through digital courses and online tools. Plus, get one-on-one coaching at no cost to you.

Get started today! You can join by visiting Strength.Livongo.com/EAP/register or call 800-945-4355 and use registration code: **EAP**

You can also visit myStrength.com or the **myStrength app** and use access code **EAP**.

Work-Life Services Portal

Legal documents, budget calculators, short webinars and more. Everything from mental health to recipes!

- Visit **WellSpan.org/EAP**
- Click the **Work-Life Portal** button on the homepage.
- Use company code **wsh-elizc** to log in the first time.