

# Pendergast Elementary School District

## **EMPLOYEE ASSISTANCE PROGRAM**

**Confidential Services for All Employees and Dependents at No-Cost**

### **Employee Assistance Program**

- Employee and dependents can access up to 6 in-person/teletherapy sessions per issue, per family, per provider, per plan year
- Network of qualified/licensed professional therapists in your area
- Access to legal and financial consultations
- Online work/life resources and support
- Online health and wellness self-help tools and resources
- Online Cognitive Behavior Therapy

### **Advantages**

- Referrals to therapist that fit your needs and special requests
- Assistance with a new referral if not satisfied with initial therapist after 1-2 sessions. All 6 sessions will be available for new referral.
- Routine non-urgent appointments scheduled within 3 days
- No claims/payments for services
- Access to a Crisis Counselors 24/7 (after hours automated system –Option 7)

### **How do I Access the Program**

- Call Interface Behavioral Health Monday—Friday, 7:30am-6:00pm CT
- Visit the member site and submit an online request (response within 24hours,M-F)



**800-324-4327**

**Member website [www.4eap.com](http://www.4eap.com)**

**Username: PESD**

**Password: B78**

Dear Member,

Effective September 1, 2021, Pendergast ESD has adopted a new Employee Assistance Program (EAP) benefit through Interface Behavioral Health. Under your new EAP, access is available for in-person or teletherapy counseling, free consultations and services provided by professional attorneys and financial advisors, and access to online resources for work/life balance and wellness. The EAP benefit is available to you, spouse and dependents under the age of 26. The EAP will provide you and your family access to a comprehensive network of providers with expertise in areas such as:

- Relationships/Communication
- Stress
- Depression
- Grief/Loss
- Anxiety
- Substance use
- Career development
- Work-related problems
- Life transition
- Legal resolution letters/phone calls on your behalf
- Child/Adolescent issues
- Debt consolidation counseling
- Identity theft planning/solutions
- Parent-Child conflict

Highlights of the new EAP:

- Dedicated Care Coordinators available to assist with the right referral for services
- Simplified access and referral process
- Website information and access to benefits
- Exclusive nationwide network of 8,000+ providers
- Access to Crisis Counselors 24/7 (after hours option 7)
- Confidential Services
- No-Cost to you or your family

**To begin the referral process or if you have any questions about your benefits, give us a call.**

**We are here to help you and your family get connected with the right support.**

*Access services under your EAP, today!*

Call to speak to your care coordinator, 800-324-4327  
(Español 800-324-2490) or email [info@ieap.com](mailto:info@ieap.com).

*Visit our Member resource site.*

[www.4eap.com](http://www.4eap.com)

Crisis  
Counselors  
**24/7**