

# EAP

# 24/7 TELEHEALTH

 24/7 Online Support for you and your family.

## Convenient, private virtual therapy. Anytime, anywhere.

Talk with a licensed, professional therapist online to get advice, guidance, and counseling for depression, anxiety, relationships, self-esteem, stress, grief, eating disorders, and more.

### It's professional.

FCH Employee Assistance Program (EAP) uses the BetterHelp platform to connect with a global behavioral health network supporting multiple languages. All counselors are licensed, accredited professionals. You connect with them in a safe and private online environment where anything you share is completely confidential.

### It's convenient.

Help is available on your own time, at your own pace, and wherever it's most convenient. Communicate with your therapist as often as you want and whenever you feel it's needed. Connect via **text, email, phone, or secure video**.

### It's free to get started.

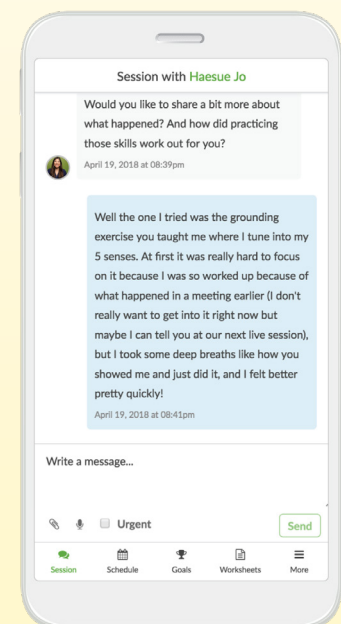
Start for free so you can feel confident this is the **right choice for you**. After your employer-covered sessions are complete, you may continue unlimited sessions with your counselor for a low cost flat fee.

### How It Works:

1. Call FCH EAP at (800) 777-4114 or go online to [www.firstchoiceEAP.com](http://www.firstchoiceEAP.com) to request services.
2. FCH EAP provides your unique registration access to the BetterHelp platform.
3. Complete a brief matching questionnaire.
4. Match with a counselor and get started (may take up to 24 hours to receive match).



**NOTE:** Crisis situations are not a good fit for this platform.  
Call (800) 777-4114 for immediate assistance.



Ready to start? Call (800) 777-4114 or request a referral online at [www.firstchoiceEAP.com](http://www.firstchoiceEAP.com).