



welcome to your Employee Assistance Program (EAP)

We're here to coach and guide you through the challenges in your life. Call your EAP—we can help!

OUR SERVICES INCLUDE SUPPORT FOR:

- Anxiety and Depression
- Couples/Relationship/
Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- Healthy Living Tips

CONTACT US

*Your free and confidential EAP is
always available to assist you!*

(800) 777-4114
FirstChoiceEAP.com

Washington County Insurance Fund's complimentary EAP program is available 24/7 and covers employees, spouses, domestic partners, and children up to age 26. The EAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The EAP offers up to **6 sessions face-to-face or telehealth** (no co-pay, deductible, or premium) with a qualified clinical expert who can assess your concerns and develop a plan of action. If you need a *legal or financial consultation, or ID theft resolution, you can speak with an expert for up to 30 minutes at no charge. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

Simply call us at (800) 777-4114 or visit our website to request an appointment.

FREE / CONFIDENTIAL / AVAILABLE 24/7

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Online Tools & Resources

Login www.FirstChoiceEAP.com

👍 Username: **wcif**

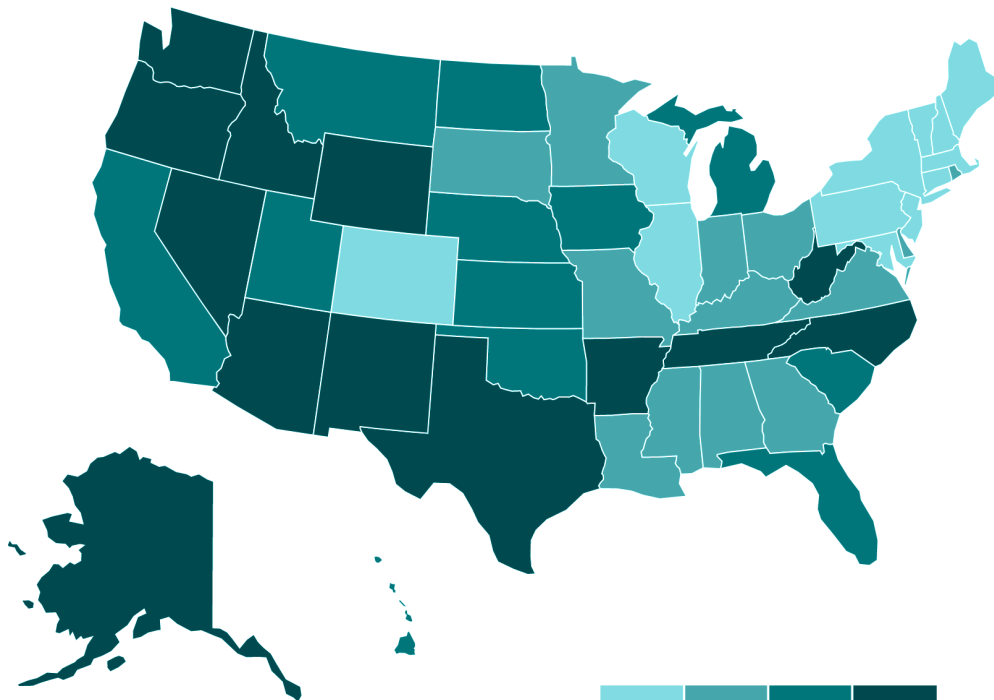
Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.



A mental health crisis among U.S. teens

The decline in mental health quality among American adolescents has intensified in recent years. Hospitals, health systems, and doctor groups have called it a **national emergency**, with rising rates of mental illness, a severe shortage of therapists, and a lack of treatment options.

Availability of mental health care for teens with major depression by state



1 in 4 U.S. teenagers

suffer from a mental health disorder

1 in 3 young people

are still not receiving the mental health services they need

Over 2.5M teenagers

have been diagnosed with severe major depression

Talkspace for Teens

Talkspace offers mental health services to teens (13+) of all backgrounds and needs. Adolescent members access approachable and proven care modalities like text-based therapy and self-guided programs in addition to scheduled live sessions with a therapist. Talkspace teen members spend an average of **10 weeks** on the platform, and are most commonly treated for **anxiety, adjustment disorders, and unspecified mood disorders**.

Ideal for the digital native, Talkspace care can take place anywhere, in any form—all from the ease of a phone or laptop.

Why Talkspace?

✓ Expedited access

Begin therapist communication within days, regardless of geographic location or time of day

✓ Experienced network

~40%+ of the therapist network specializes in adolescent care

✓ Effective results

73% of Talkspace members report greater self-awareness

Therapy (ages 13+)

Dedicated counseling, behavioral health, and emotional well-being support from a licensed clinician via asynchronous messaging and scheduled live sessions (video, chat, audio)

Exercises




Meditation, journaling, and in-app exercises are available to use anytime, whether or not members engage with a therapist





Talkspace: Self-Guided



Evidence-based clinical content

-  **Exercises**
400+ self-guided and interactive therapy sessions
-  **Journaling**
5-minute daily sessions for learning, and reflecting
-  **Classes**
100+ hours of monthly, anonymous, therapist-led virtual classes

Emotional wellness on demand

-  **Moments**
Audio sessions for guidance, relaxation, and reflection
-  **Reminders**
Gentle nudges and notifications to help users build healthy habits

All statistics are based on internal data through Q4 2022. Regulatory compliance: Talkspace offers unique registration features to comply with state regulation on parental consent. Providers cannot share case information with a parent/guardian without official authorization and a signed release from the teen member.

Ready to start? Call (800) 777-4114, request a referral online at www.FirstChoiceEAP.com, or self-refer at www.talkspace.com/FirstChoiceHealthEAP



Contact your EAP to learn more about adolescent services

talkspace + First Choice Health[®]

When life gets hard, we can help.

First Choice Health EAP now offers a full year of expert grief and mental health support via text message.

Employees or eligible family members can sign up to receive support when:

- Grieving the death of a loved one
- Grieving the loss of a pregnancy
- Grieving the death of a pet
- Caring for someone with a terminal diagnosis
- Facing burnout & fatigue as a healthcare worker

This free, confidential service is provided by First Choice Health EAP. **Sign up now** at <https://helptexts.com/fchn> or scan the QR code below.

