



Your Success is  
Our Passion



Your Employee Assistance  
Program Benefits

Provided by



Ephrata National Bank

### Your EAP Benefit

- ◆ Is 100% confidential
- ◆ Covers **three** virtual, face-to-face, or telephonic sessions with a counselor, per person attending
- ◆ Services also cover all residents of the home
- ◆ Monthly newsletters
- ◆ Access to additional resources such as legal, financial, support groups, housing, etc.
- ◆ Sessions are renewable as long as you have a two-month break in counseling
- ◆ Services are accessible 24/7/365

### Work/Life Services

To access online resources, please visit [mseap.com](http://mseap.com) and click "Work / Life Login" at the top. Use the access code **ENB** to sign in, or create your own account. Live Chat is also available on the website!

### When can the EAP help?

Mazzitti & Sullivan is here to help you through many difficult situations, including but not limited to:

- ◆ Marital & Family Related Issues
- ◆ Children & Adolescents
- ◆ Anger, Stress, & Time Management
- ◆ Grief & Loss
- ◆ Alcohol & Substance Abuse
- ◆ Elder Care Concerns
- ◆ Domestic Abuse
- ◆ Addictions
- ◆ Job-Related Stress

### Frequently Asked Questions

#### When should I use my EAP?

Anytime! If you or your family are experiencing a difficult time in areas of stress, anxiety, depression, family-related issues, substance abuse, or any other problem area, we are available 24/7.

#### Who is covered?

All household members are welcome to use the program, even if you, as the covered employee, do not. Household members may contact us directly.

Questions?

Call 1-800-543-5080

Visit [mseap.com](http://mseap.com)