



BalanceWorks® Newsletter

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Your Confidential EAP

Emotional stressors such as anxiety, depression and grief can interfere with both your personal and professional life. Luckily, you have a benefit that can help process and resolve behavioral health concerns. The Employee Assistance Program (EAP) is a confidential, pre-paid benefit available to you and your eligible family members. This benefit includes:

- Immediate 24/7 access to mental health professionals
- Counseling referrals
- Financial consultations
- Legal consultations
- Child/Elder care resources
- Online access to work/life tools and resources

Confidentiality

Many times emotional stressors are deeply personal. Because of this, many people prefer to keep their behavioral health concerns private, which is why your EAP benefit is completely confidential! Your employer does not have access to your EAP records. eni does not provide your employer with any

individual information regarding EAP usage, so your employer will not be notified when you utilize this benefit. You can rest assured that your confidentiality is protected throughout the EAP process.

Accessing your EAP

Counseling is available for a wide range of emotional stressors and mental health concerns, including but not limited to:

- Stress
- Anxiety
- Depression
- Grief
- Seasonal Affective Disorder
- Relationship Issues
- Substance Abuse
- Post- Partum Depression
- Adjustment Issues

To get started, simply call our toll free number to be connected with a specialist who will refer you to an appropriate counselor who will best meet your needs.

We look forward to providing you with personalized, confidential care!

For more information or support, contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

eni's BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.

