



# EAP Summary of Services

The Employee Assistance Program (**EAP**) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by **Archdiocese of Portland**

## Counseling

Four (4) sessions in-person, on the phone or virtually for concerns such as:

- Depression
- Anxiety
- Relationships and family
- Workplace challenges
- Stress management
- Alcohol or substance misuse
- Grief and loss
- Professional development

## Resources for Life

Assistance in finding childcare, adult care, caregiving resources, and more.

## Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

## Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

## Identity Theft

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

## Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

## Coaching

Six (6) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

## Pet Parent Resources

Information, support, and discounts for pet owners.

## Wellbeing Tools

Fertility health support, wellness resources, and gym discounts.

## Member Site

Personal and professional development videos, webinars, self-assessments, online legal tools and more at **my.canopywell.com**. Log-in or register as a new user with organization name: **Archdiocese of Portland**

## LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the Member Site or visit **canopy.LifeBalanceProgram.com**.

## Self-Scheduling Portal

Register with your work email address for online provider search and appointment management.

## Enlight

Access digital therapy and wellness tools to improve the way you feel. **Download the Canopy app** by searching for "Canopy EAP" in Google Play or the App Store.

**Canopy** is committed to creating a safe, inclusive, and equitable society for all.

“Crisis Counselors are available by phone **24/7/365**”



**800-433-2320**



**503-850-7721**



**my.canopywell.com**