

Life comes with challenges. Triad EAP is here to help.

Your Employee Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services.

Your Newly Enhanced Benefits Include:

Brief, Solution-Focused Counseling

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.

Financial Consultation

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.

Legal Consultation

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

Work-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

Personal Assistant

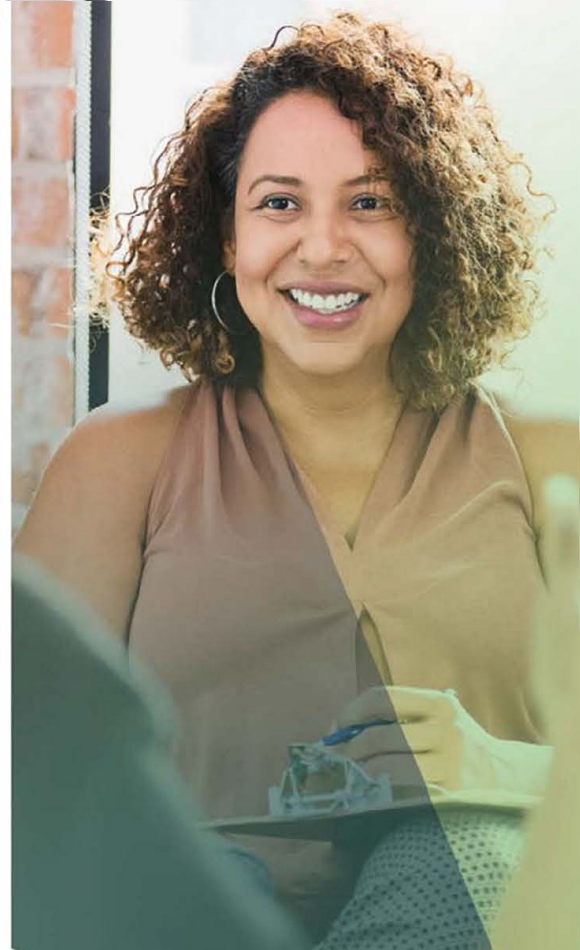
Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

Member Portal

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help tools and resources including, assessments, podcasts, and resource locators.



Getting Started Is Easy

1. Scan QR code below or visit www.triadeap.com
2. Click on the **GREEN** button "Visit Your New Member Portal Here" (Do not enter an email address)
3. Click on the **BLUE** "Sign Up" link beneath the Log In box
4. Register to create a new account using the company code: **gunnisonschools**, your preferred email address, and personalized password

A confirmation email will be sent to finish the registration



Contact Triad EAP

Call toll-free 877-679-1100

Visit www.triadeap.com

Counseling: 5 sessions per incident, per year
Life Coaching: 5 sessions per year
Company Code: gunnisonschools

TRIAD EAP

An AllOne Health Company