

Your journey to well-being *starts here*

Everyone needs support from time to time. Lucet EAP gives you confidential, no-cost counseling to help you manage life's challenges — whether it's stress, relationships, work-life balance or general well-being.

Lucet EAP offers **flexible counseling options** to connect with a licensed clinician in the way that **works best for you**:



Virtual Sessions (Video or Phone)

Speak with a counselor from the comfort of your home or anywhere that's convenient.

- ▶ **Ideal for busy schedules, remote employees, or those who prefer flexible options.**



In-Person Sessions

Meet face-to-face with a counselor in your community.

- ▶ **Best for those who prefer a personal connection or privacy away from home or work.**



Messaging/Chat Sessions

Exchange messages with a licensed counselor at your own pace.

- ▶ **Perfect for those who like writing out their thoughts or prefer discreet, on-the-go communication.**



Understanding your *EAP counseling benefits*

Who is eligible for counseling through the EAP?

Employees, their household members, and dependents up to age 26 (even if they don't live at home) are eligible for EAP counseling.

How soon can I see a therapist?

Appointments may be available within 24 hours of submitting your request, depending on your preferences, needs, and whether you choose in-person, virtual, or messaging sessions.

What can I expect from EAP counseling services?

EAP counseling connects you with licensed counselors, therapists, social workers, and/or psychologists who are trained to support a wide range of concerns, including stress, anxiety, relationship issues, grief, work challenges, and more.

How to schedule *a counseling session*

Lucet EAP offers options to help you book your first appointment — making it **fast, easy, and stress-free**.

Direct Scheduling (Web or Phone)

1. **Request a counseling session:**

Visit eap.lucethealth.com or call **800-624-5544** to share more about your needs and preferences.

2. **Browse providers and appointment slots:** Answer a few questions, to view providers and real-time availability. You can use the filter options to narrow your search.

3. **Book your appointment:**

Choose the provider and time that works best, and finalize your booking right in the platform. A credit card is required to secure your appointment for late cancelation or no-show fees.

Contact Providers Directly

1. **Request a counseling session:**

Visit eap.lucethealth.com or call **800-624-5544** to share more about your needs and preferences.

2. **Search for providers:**

Use filters like location, specialty, language, and session type (in-person or virtual) to select one or more provider options.

3. **Book your appointment:**

Reach out directly to your chosen provider to set up a day and time that works for you.

“[Scheduling a counseling session] has been an **overall great experience**, from the first call to the actual first session. Thanks for making it all so seamless.”

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code: **pasco**

5 counseling/coaching sessions, per topic, per year.



Scan to learn more at
eap.lucethealth.com