

One Source EAP Connections

Help When and Where You Need It

March 2021

COVID-19 has been with us for a year now and we're all feeling the strain of masks, social distancing, missed holidays, and reduced access to the people, places and activities that provide stress relief.

Through it all, One Source EAP continues to offer programs and services to help employees deal with the emotional difficulties that can interfere with our daily lives.

What One Source EAP Offers

- Free **confidential** sessions with licensed network providers and NO copays!
 - Talk Therapy, Coaching, Assessment & Referral
 - Individual, Couples, Family, Children
 - Matching benefit for your family members
- Crisis Services to expedite clinical access
- Critical Incident Stress Debriefing Services for teams who've experienced a devastating loss
- Health and Wellness Services webinars
 - COVID and non-COVID related
 - Flexible length to fit your needs: 15/30/60-minutes with longer sessions available
- Professional Development
- Management Consultation for Departments
- "The Calm Collection" videos

Check with your HR department for details regarding your company's plan



What Sets One Source EAP Apart

Confidential - Utilization is completely confidential and doesn't appear on your Electronic Medical Record

Flexible - When in-person services resume, you'll have the option of virtual or face-to-face

Customizable - All services are customized to fit your specific needs

No Copays

No need to participate in your company's health insurance plan

Matching benefit for your family
Services for adults, adolescents and children

To use your benefit, **call (800) 300-0628.**

The Access Center is **open 24/7/365**

Visit us online

[One Source EAP is online](#) to help whenever and wherever you need us. You'll find our [monthly newsletter archive](#), information on how to use EAP services, articles, our [Calm Collection](#) video series and more.

One Source
Employee Assistance
Program

RWJBarnabas
HEALTH

To use your EAP benefit, contact **800.300.0628, 24/7, 365 days a year.**

Contact with the EAP is **completely confidential!**