



Welcome SD Associates Staff:

As you are likely aware, employee assistance is a benefit paid for by your employer. It is entirely free – and confidential – for you and your household members to use!

We provide short-term counseling, resources and referral information to help with life's challenges:

- Workplace issues
- Relationship issues
- Personal issues, such as anxiety or depression
- Legal and financial problems
- Child and Eldercare assistance
- Stress

...and just about any other challenging life issue.

Not sure what to do about a problem or who to turn to? Not sure if it's something we can help with? Call us anyway! Our approach is positive and proactive and we offer services to answer any need. We are eager to serve you and encourage you to call us for free confidential help.

You and any of your household members can also access resources, self assessments and a complete online orientation outlining your benefits at www.investeap.org. **SD Associates'** online web password is **SDAssoc**. All of our staff are Master's level licensed counselors with considerable experience in work/life issues.

Any household member can call us directly to schedule their own confidential appointment (or to simply obtain resource information by telephone) by calling toll free 1-866-660-9533.

Thank you!

Angela Bergeron
Regional Account Manager
Invest EAP

We're local. We're personal. We care.