

# Employee Assistance Program



EAP is a **free service** available for **Messiah employees & their families**. Log into your Messiah account to **receive free counseling, advice on money matters, skill-building courses & locate services you need!** These benefits are extended to **spouses, siblings, and parents.**



## Health & Wealth

Navigate life's stressors with free mental health counseling and consultations from a Money Coach to safeguard your financial health



## Care & Convenience

Receive consultations, referrals & information on elder & child care services, dietitians, career coaches and local convenience services



## Skills building & resources

Access over 30+ training courses, videos & articles on personal and professional development, finances, health & wellness, leadership & more



## Legal Services

Get free consultations, access to common personal legal forms and discounts to legal services. Emergency legal services provided 24/7

Log on to [perspectivesltd.com](https://perspectivesltd.com) or scan the QR code to view more!

 Username: messiah  Password: perspectives  Call or text at 1-800-456-6327

# Care for your family with Messiah's

## Employee Assistance Program

EAP is a free service available through Perspectives for Messiah employees & their families. Log into your Messiah account to receive free counseling, advice on money matters, skill-building courses & locate services you need!



Resources include:

### Personal Development

- Achieving Your Goals
- Digital Wellness
- Emotional Intelligence

### Professional Development

- Balancing Work & Family
- Building Resilience
- Avoiding Burnout

### Financial Wellness

- Budgeting For Life
- Saving for Retirement
- Investing Basics
- Free Consultations

### Emotional Wellness

- Free Counseling
- Stress Management
- Self-Care & Healthy Living
- A Better Nights Rest

**Benefits are extended to spouses, siblings, and parents!**



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# Need some extra support?

Perspectives offers extensive access to resources on emotional well being. As an employee, you are entitled to:

- **3 free sessions of counseling** (Virtual or in-person)
- **24/7 text-based counseling** at 800.456.6327
- **Online mental health screening**

## Accessing Counseling Services

1. Log on to: **perspectivesltd.com** or call 1-800-456-6327
2. Request for counseling services through the phone or live-chat.
3. All information shared is confidential and you will be redirected to a provider in the EAP network.
4. Request a referral to access in-person counseling through the EAP network.



Username: messiah  
Password: perspectives

## Use your Messiah Health Insurance

1. Log into your insurance account on [highmarkblueshield.com](https://highmarkblueshield.com).
2. Select **Find a Doctor** and access in-network hospitals, labs, urgent care, psychiatrist, diagnostic and imaging centers & more!

**EAP benefits are extended to spouses, siblings, and parents!**