

# EAP Summary of Services

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit for you and your family members provided by **Oak Harbor Freight Lines**

## Counseling

Three (3) sessions in-person, on the phone or virtually for concerns such as:

- **Depression**
- **Anxiety**
- **Relationships and family**
- **Workplace challenges**
- **Stress management**
- **Alcohol or substance misuse**
- **Grief and loss**
- **Professional development**

## Resources for Life

Assistance in finding childcare, adult care, caregiving resources, and more.

## Legal Consultations/Mediation

Free 30-minute consultation and a 25% discount on services thereafter.

## Financial Coaching

Unlimited guidance to improve spending, debt reduction, credit enhancement, savings, and retirement planning.

## Identity Theft

60-minute consultation with a Fraud Resolution Specialist™ to restore identity and credit.

## Home Ownership and Housing Support

Aid and discounts for home transactions and housing assistance resources.

## Coaching

Three (3) phone or video sessions with a Coach for goal setting, healthy habits, and personal development.

## Pet Parent Resources

Information, support, and discounts for pet owners.

## Wellbeing Tools

Online legal tools, will kit questionnaire, and wellness and gym discounts.

## Member Site

Personal and professional development videos, webinars, self-assessments, online legal tools and more at **my.canopywell.com**. Register as a new user or log-in with company name: **Oak Harbor Freight Lines**

## LifeBalance

Discounts on outdoor adventures, travel, amusement, self-care, wellness resources and more. To access, log onto the Member Site or visit **canopy.LifeBalanceProgram.com**.

## Self-Scheduling Portal

Register with your work email address for online provider search and appointment management.

**Canopy** is committed to creating a safe, inclusive, and equitable society for all.

Crisis Counselors are available by phone  
**24/7/365**



800-433-2320



503-850-7721



my.canopywell.com



**canopy**