

Achieving balance through total well-being
COUNSELING SERVICES



TYPICAL CONCERNS INCLUDE:

- Relationship difficulties
- Emotional Health and Well Being
- Stress Management
- Substance Use
- Job or Family related

WE OFFER:

- Confidential short term counseling
- Assessment of the issue
- Appointment confirmed within 2 business days
- Support for you, as well as those in your family and/or household
- Referral and Follow-up to be sure that the assistance met your complete satisfaction

The Inova EAP offers short term counseling services by qualified professionals. Sometimes balancing the competing demands of work and family life can be very difficult and overwhelming. Help and support can be provided to you by contacting us at our toll free confidential number.

TOLL-FREE: 800-346-0110

TDD# FOR THE HEARING IMPAIRED : **877-845-6465**

WEBSITE: **www.inova.org/eap**

USERNAME: **inova**

PASSWORD: **eap**



INOVA®

Employee Assistance