



866-660-9533

(24/7, free)

Help Starts Here.

SD Associates Employee and Family Assistance Program

Invest EAP is Here for You

Invest Employee and Household Assistance Program (EAP) is our free, confidential, and independent program that supports the health, safety and well-being of you and your household. **When you're ready to talk, EAP is here for you.**

Personalized Solutions

Are you feeling the impacts of the ongoing pandemic, societal injustices, financial worries, or workplace stress? **Other people feel the way that you do** — and we're helping them. You don't have to face this alone.



Want to request an appointment online? It's easy - simply scan the code and enter your information.

*Need to create a login?
Visit www.investeap.org/members/register
and our **organizational password is**
SDAssoc*

How It Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor**. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. All of our services are currently provided by phone or video in accordance with COVID precautions.

This benefit includes everyone in your household.

Private and Confidential

Your participation in EAP is **voluntary and strictly confidential**. Your employer will not know that you contacted us or what you talked about.

I think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

Why do I feel so angry all the time?

Our approach is positive and proactive. EAP is eager to help you with free, confidential counseling and resources — no matter how big or small your problems might be.

Get in Touch 24/7

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

www.investeap.org | password:
SDAssoc

866-660-9533 (toll-free)