



TRIAD

Employee Assistance Program

EAP

Stressed, Distracted, Worried? Relief is available. As an employee, you and your family have access to free, confidential, professional, short-term, solution-focused consultation, resources, and information.



EAP BENEFITS INCLUDE:

- Short-term counseling;
- Referrals to community resources;
- Easy-to-use website

WHO CAN USE THE EAP?

The services are available for you, your spouse, and qualified dependents.

TRIAD WORKS WITH HIGHLY TRAINED AND QUALIFIED PROFESSIONALS

who are experts in fields such as well-being, family matters, relationships, debt management, consumer rights, and much more. You can be confident that the information you receive is accurate, up-to-date, and useful.

CONFIDENTIALITY.

TRIAD is bound by strict privacy standards. The only information your employer sees is statistical and demographic information – no names are given. Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are under a court order. (for more information see Section 12-43-218 of the Colorado Regulatory Statute).

CALL IF YOU WANT TO:

- Balance work and home life
- Enhance relationships and communication
- Conquer stress
- Overcome grief, trauma, loss
- Feel and sleep better
- Calm anxiety
- Defeat depression
- Trounce addictions
- Improve workplace relations
- Sharpen your parenting skills
- Tackle legal or financial challenges

Get back on the road to peace and joy.

contactus@triadeap.com
www.triadeap.com

“I did the best I knew..
And when I knew better, I did better.”

Maya Angelou



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“Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings.”

Elie Wiesel

(Author, 1986 Nobel Peace Prize, concentration camp survivor)



LEGAL AND FINANCIAL SUPPORT:

- Free consultation with attorneys on civil or criminal matters with discounted fees for ongoing legal services
- Free consultation with financial specialists regarding budgeting, credit, financial planning; help with ID theft and recovery

ONLINE LIBRARY: articles and tip sheets on legal and financial issues, downloadable legal forms, and a variety of financial calculators. Live and archived webinars on work-life topics.

COST:

TRIAD is a FREE prepaid service offered by your employer. For additional help, your counselor may suggest another resource. You are responsible for any fees for resources used outside the EAP.

HOW DO I GET STARTED?

Call us from 8 am – 6 pm, Monday – Friday. In case of a clinical emergency, call anytime, 24 hours a day, seven days a week — from wherever you are — and talk to an on call therapist.

Hilltop employees, spouses, and dependent family up to 19 years old can access:

- Up to 5 free counseling sessions per year
- Financial experts for advice on a range of financial issues
- Legal help by phone or with a local attorney; includes a free ½ hour consult and discounted rates if further help is requested for many issues.
- On-line counselor profiles and thousands of legal/financial articles & tools:

Go to: www.triadeap.com

Username: **hill**

Password: **top**

contactus@triadeap.com

www.triadeap.com

Phone: 970-242-9536; Toll free: 1-877-679-1100