# Plus EAP Support

Silver Plan - 6 Visits Counseling visits included with your plan

OPT-IN FOR WEEKLY MENTAL HEALTH TIPS

ACCESS EXPERT COURSE MATERIALS

# SALT LAKE COUNTY

Your Registration Code is: SL COUNTY

> Avoiding Burnout and Poor Mental Health

Presented by Jennifer Carlson

More Topics by Jennifer Carlso The Origins of Mental Health

Negativity Bias and the Power of Noticing Good Experiences

and Well-Being

What Is Burnout?

with Jame

Avoiding Bur

**TEXT OR TALK** TO BE CONNECTED WITH AN APPROPRIATE COUNSELOR OR THERAPIST. BLUNOVUS COVERS THE COST OF THE NUMBER OF VISITS PROVIDED UNDER YOUR PLAN.

Culture (10)

Creating Workplace

Being

Leadership and the

Navigating Current and

Productivity

Through Well-

Importance of

Future Human

# **EAP** Counseling and Therapy Services

#### Services are Accessed through the App

- 1. Download the app.
- 2. Enter the Registration Code shown above.



## Proactive Personal Mental and Emotional Health

(Unlimited CARE Center Services included)

# Plus – EAP Support



### Counseling

Mental Health (26)

Resilience to the Rescue:

Gaining

Resiliency

Through

Building

Resilience

Through the Storms of Life

Less Stress, More

Relationships

- Short-Term Counseling
- Anxiety, depression, stress Family
- relationships
- Referrals to long- term counseling

## **Financial Consultation**

- Budgeting
- Planning
- Credit card management

## Legal Consultation

- Basic estate planning
- Family law
- Accidents

## Personal Concierge

- **.** 
  - Elder careDependent care
  - Personal support