

Your EAP is here for life's challenges.



866-263-9253



A little support can go a long way. And it might be what you need to **simplify**, **live well** and **feel your best**. For everything from **relationship issues** to **stress** to **parenting**, you can contact us for your emotional wellbeing needs.



What is the EAP?

Confidential, caring support when you need it. The EAP provides you and household members confidential short-term counseling services to support your overall well-being at no cost to you. If you find yourself focusing too much on a relationship, stress or other issues, reach out for support.



Resiliency



Parenting



Drug or alcohol abuse



Self-esteem



Stress



Grief and loss



Relationships



Referrals for mental health

How does the EAP work?

There are many ways to connect. When you call, you'll reach Optum — the confidential provider of your EAP. There are also other ways to reach us:



Call to connect with a licensed clinician.

Reach a master-level clinician to get in-the-moment support and a referral for other resources including in-person counseling and when appropriate, a referral for counseling via Virtual Visits.



Get care in the comfort of your home with Virtual Visits.

Connect to secure video-conferencing technology with in-network EAP providers.



Access articles, use tools and search for providers at liveandworkwell.com / Access code: ATT

Find the tools you need to face everything life may hand you.

One call for the challenges life throws your way.

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All it takes is one call to connect to confidential, caring support that is here to help you live well. The EAP is available **24 hours a day, 365 days a year**. You're eligible for up to **five EAP sessions** per issue each year at no cost to you.

If you need services beyond the scope of the EAP, then you may be referred to your mental health and substance abuse benefits available through your medical plan, if you are enrolled.

Remember to save the number in your phone so it's available when you need it.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions and limitations may apply. Review your EAP Summary Plan Description on the AT&T Benefits Center at www.att.com/benefitscenter for complete details.
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