

Feeling Stressed? Overwhelmed? Get Confidential Support!

When you're feeling stressed, anxious, tired, sad, or angry, or when life feels challenging, your EAP (Employee Assistance Program) offers FREE and CONFIDENTIAL counseling to all White Lodging associates and their immediate family members.

All White Lodging associates have access to eight (8) FREE and CONFIDENTIAL face-to-face counseling sessions with a licensed professional per issue, per provider, per calendar year.

What types of issues can the EAP provide assistance with?

- **Stress Management**
- **Depression/Anxiety**
- **Marriage & Family**
- **Anger Management**
- **Grief & Loss**
- **Substance Abuse**
- **Career Development**
- **Relationships & Communications**

Crisis counselors are also available by telephone 24/7/365.

How Do I Access My EAP Benefits?



Interface EAP
Total Life Assistance

Monday - Friday, 7:30 a.m. - 6:00 p.m. CT
(800) 324-4327 (English)
(800) 324-2490 (Spanish)

To reach a crisis counselor after hours, dial #7

Interface EAP will not disclose your information to anyone*, including:

Your employer, supervisor, or HR department

Your spouse, partner, or family members

** Unless you sign a "Release of Information" form or as required by law*



WHITE LODGING

