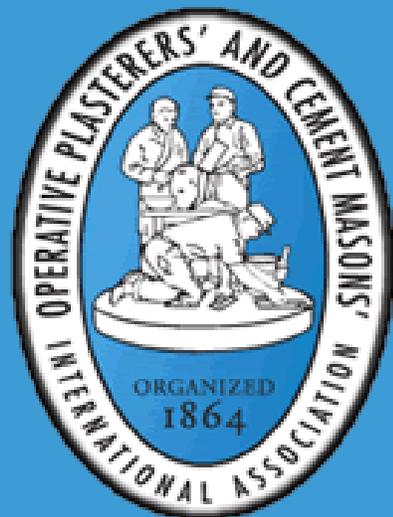


# EMPLOYEE ASSISTANCE PROGRAM

Free | Confidential | 24/7 Access

[FirstChoiceEAP.com](https://www.FirstChoiceEAP.com)



# Employee Assistance Program (FCH EAP)

The Employee Assistance Program provides free, confidential access to licensed behavioral health professionals for you, your spouse or partner, and children up to age 26.



FCH EAP provides support for a wide range of family, relationship, emotional, behavioral, mental health, and substance use concerns.

### Counseling referral services:

- Mental health concerns
- Anxiety/depression
- Relationships/family
- In-the-moment support
- Alcohol/drug/addictions
- Grief and loss
- Work conflict
- Domestic violence
- Other concerns

### Provider matching

We match you with providers tailored to your needs.



LOCATION



SPECIALTY  
PREFERENCES



INSURANCE  
COVERAGE



SCHEDULE

### Choose your preferred way to get support



IN-PERSON



MESSAGING



CHAT



PHONE



VIDEO



## Additional referral services

### **Legal assistance**

A free 30-minute legal consultation on topics like wills, family and domestic concerns, motor vehicle matters, civil issues, and more. Employment-related concerns are not covered.

### **Financial coaching**

A free 30-minute financial consultation on topics like budgeting, estate planning, debt management, retirement and more.

### **Identity theft**

Step-by-step guidance and consultation about identity theft or fraud from legal professionals.

### **Child care**

Get help identifying available resources that can assist in everything from prenatal planning to college planning.

### **Elder care**

Access information on Medicare, Social Security, in-home care, transportation, chore services, and more.

### **Home ownership**

Save money on relocation, mortgages, realtor costs, and more with free coaching from a network of mortgage and real estate professionals.

## Getting started

To initiate assessment and referral services, call **1-800-777-4114** or visit us online at **[FirstChoiceEAP.com](https://www.FirstChoiceEAP.com)** and click the green “request a referral” button.

## FCH EAP resources

Once you initiate services, enjoy access to our library of webinars, training, tools, and forms on the FCH EAP website.

Visit **[FirstChoiceEAP.com](https://www.FirstChoiceEAP.com)** and enter your Trust's username in the box under “Website Login.”

**Username: opcmia**



Get Started

**FCH EAP is always available to help you manage life's challenges and achieve your goals.**

Reach us 24 hours a day, seven days a week, by phone or online.



**1-800-777-4114**



**[FirstChoiceEAP.com](https://www.FirstChoiceEAP.com)**



**Learn more**



 **First Choice Health®**

©2026 First Choice Health