

Welcome to Capital EAP

Your Capital EAP Benefits

The Capital Employee Assistance Program

(EAP) is a benefit provided by your employer or sponsor. The purpose of this benefit is to help you and your immediate family members find greater happiness and greater mental and emotional health, while at work and at home. There's no cost to you and the services are confidential.



Go online now

Let's get started...

To get the most from your Capital EAP benefit, you'll need to know a little about what we do. Here's a brief summary of what we can do for you and your family:



Type of Service	Description
Therapeutic Counseling	Scheduled in-person or telephone-based mental health counseling with licensed clinicians on almost any subject including depression, stress, anger, insomnia, anxiety, phobias, relationships, family and marital issues, children, substance abuse, gambling and more.
Phone and Web-based Support	Not every issue requires seeing a counselor. So, you can call, chat or contact us through our website for questions, advice and general support. No crisis necessary. No appointment necessary.
Wellness Services	From diet and nutrition counseling to physical health tips and spiritual wellness, our certified professionals can help you to find a healthy balance of mind, body and spirit.
Legal Services	If you have a legal concern or question, you can speak with an attorney who specializes in your issue and get legal advice for free. You'll also get a 25% discount on hourly rates.
Financial Services	Speak to a certified financial consultant about budgeting, credit issues, financial planning and other money matters for free. You'll also get a 15% discount on hourly rates.
Crisis Counseling, and Traumatic Event Support	Experiencing or witnessing a severe event such as a death or serious injury can cause dramatic emotional stress. We provide phone and chat support 24/7 for those in serious emotional need. If you or a loved-one are in emotional crisis, contemplating or threatening suicide, do not wait. Call us IMMEDIATELY.
Personal Development and Training	In addition to education courses and seminars that your employer may sponsor, you may attend seminars/workshops at our Behavioral Workshop. Also, some training and orientations are available online.
Discounted Services	Capital EAP has negotiated reduced rates or discounted fees with several partners that can help you and your family.



Get More Out of Your Capital EAP Benefit Online!

Register online

Our website has detailed information about your benefits, articles on mental health, suggestions for work-life balance, diet, nutrition, fitness and much more.

You can even use our website to connect with counselors, schedule appointments and access support. But first, you'll need to register:

1. Go to www.capitaleap.org
2. Click on "New Member Register"
3. Enter your organization's "Web Access Code"
4. Set up your own user name and password

You're now ready to access materials, view orientation videos and access counselors online!



Sign up for MENTOR Your Mental Health Monthly

Every month, Capital EAP's *MENTOR* Newsletter will bring you interesting articles and great tips for managing the mental and emotional challenges we all face. We also let you know about open workshops that you can attend, and specific discounts you can get from the many Capital EAP Partners. Just go to www.capitaleap.org and submit your email address to stay up-to-date with your Capital EAP benefits.



Talk to your family

The same benefits provided to you are also provided to your spouse/domestic partner and children up to age 26. That includes counseling, online and telephone support, legal and financial services, crisis support, wellness services, seminars/workshops and partner discounts. But they'll only know about it if you tell them!

Make sure to:

- Show them this welcome flyer and other materials
- Show them the website to learn about their benefits
- Have them register online (same access code)
- Have them sign up for the *MENTOR*
- Give them a Capital EAP wallet card

Assistance for Work & Life™

Counseling | Work-Life Balance | Wellness | Education

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