



Employee Assistance Program

Free | Confidential | 24/7



Counseling for stress, marital and family problems, job-related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- **TalkNow**® provides immediate access to counselors for in-the-moment support.
- Up to **6 EAP counseling** sessions to help build coping skills and solutions, virtual or in-person.



Tess is a supportive AI chatbot that's available 24/7, for unlimited conversations to help manage stress, increase self-awareness, build resilience, and discover helpful resources.



Legal assistance for divorce, family law, wills, adoption, identity theft recovery, mediation and more. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP.



Financial consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.



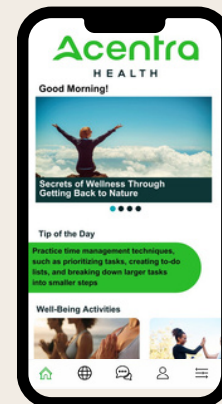
Work-Life consultants for resources and verified referrals for most all personal and family needs, including:

- Childcare and Eldercare
- Convenience/ Daily Living
- Adoption
- Health and Wellness
- Pet Care
- Relocation
- Academic

Paychex has partnered with Acentra Health to provide you and your eligible family members with immediate support to help improve your well-being.

ACCESS YOUR SERVICES

App: Download the mobile app to access on-demand resources, services, and more.



Download Now



Website: care.espyr.com

Organization ID: PaychexEAP

Call: (800) 869-0276

Tess: Chat confidentially with TESS, our mental health and wellbeing support chatbot. Text "Hi" to (442) 245-8065 or via the *Acentra Connect* app to get started.



Your EAP Services



Tools to Support Your Well-Being

The Acentra Health Employee Assistance Program (EAP) is an award-winning solution that provides comprehensive mental health and wellness resources for you and your family. Take advantage of Acentra Health's professional counseling, consulting, and referral resources anytime, anywhere.



Free. Confidential. Designed for You.

Get help with:

- Work-Life Balance
- Financial Issues
- Legal Inquiries
- Childcare Referrals
- Eldercare Referrals
- Family & Marital Issues
- Substance Abuse
- Emotional Turmoil
- Educational Resources
- Resiliency & Coping Skills

The Highest Quality of Care for Every Employee

Our EAP has changed the game to provide a personalized approach.



Licensed
Counselors



Always Free to
Use



Completely
Confidential



24/7 Confidential Access

800-869-0276 | care.espyr.com



Download our mobile app today for
on-demand access & resources

