Acentra HEALTH

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

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