

# PROGRAM OVERVIEW

## HALCYON EMPLOYEE ASSISTANCE PROGRAM (EAP)

FDAC EBA





# WHAT IS EAP?

The Halcyon Employee Assistance Program (EAP) is a health benefit, provided by **FDAC EBA** is separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

Halcyon can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.

# WHO IS ELIGIBLE FOR EAP?



The employee, the employee's spouse or partner and anyone living under the employee's roof are eligible to use the program.

# WHAT SERVICES ARE INCLUDED?

## COUNSELING

### HALCYON CAN HELP WITH

- Depression, Stress or Anxiety
- Relationship Problems
- Grief and Loss
- Family or Parenting Issues
- Substance Abuse



# WHAT SERVICES ARE INCLUDED?

## COUNSELING



### HALCYON PROVIDES

- Comprehensive Assessments by Clinical Professionals
- In-the-Moment Support
- Identification of Primary Concern
- Referrals to Providers or Other Appropriate Resources
- Recommended Next Steps
- Short-Term Counseling

# HALCYON PROVIDES:

- Around-the-Clock Access to Licensed Mental Health Clinicians
- In-the-Moment First Responder Support
- Same-Day Crisis Response
- Urgent Referrals Following Traumatic Workplace Events
- Specialty Network of Providers with Experience Providing Care to First Responders
- Crisis Response Professionals with First Responder Training and Experience
- Training to Support First Responder Mental Health
- EAP Technology Suite that Expands Access to Mental Health Support
- Specialized Programs and Tactics for First Responders
- First Responder Toolkit, Including: Orientation Video For First Responders, On Demand Training (Flash Courses), Building Resilience, Managing Coronavirus Stress
- Resilience Boosters (Guided Exercises)
- First Responder Specific Tip Sheets
- Links to First Responder Professional Organizations
- Publications and Journals Relevant to First Responders
- First Responder Blogs

# HALCYON PROVIDERS - EXPERIENCE

In addition, providers who deliver crisis response services to first responders have confirmed experience working with first responders and training including:

- Critical Incident Stress Management
- International Critical Incident Stress Foundation (ICISF)
- Psychological First Aid
- Post-Traumatic Stress Disorder/Trauma

# WHAT SERVICES ARE INCLUDED?

## WORK-LIFE BENEFITS



### LEGAL CONSULTATION

Free In-Person or Telephonic Consultation with a Licensed Attorney  
No Employment Law



### FINANCIAL CONSULTATION

Expert Guidance and Consultation from Financial Professionals



### IDENTITY THEFT CONSULTATION

Free Consultation with Identity Theft Recovery Professional  
Tailored Recovery Action Plan



### DEPENDENT CARE REFERRALS

Expert Referrals to Child and Adult/Elder Care Providers, Facilities and Other Resources



### “CONVENIENCE” REFERRALS

Guidance and Referrals to a Variety of Daily Living Resources: Home Improvement, Entertainment Services, Pet Care, Auto Repair, Wellness, Travel, Handymen, Volunteer Opportunities, etc.

# WHAT SERVICES ARE INCLUDED?

## WEB PORTAL

**WWW.HALCYONEAP.COM**

username: fdaceba

## THE HALCYON EAP WEB PORTAL INCLUDES

Monthly Webinars on a Variety of Topics

Thousands of Topic-Specific Articles and Tip Sheets

Hundreds of Search Engines for Legal, Financial and Dependent Care Resources

eConnect®: Video and Web Chat Counseling Platform

Discounted Gym Memberships

On-Demand Education

Mindfulness Resources



# WHAT SERVICES ARE INCLUDED?

## MOBILE APP

### PRIMARY FUNCTIONS

Call the Halcyon EAP Anytime, Around-the-Clock

Live Chat with a Halcyon Counselor

Request Information About the Halcyon EAP

Review a Summary of the Program



### ADDITIONAL FEATURES

Connectivity to the Mobile-Friendly EAP Web Portal

Resource Toolkit, Arranged by Topic

Request a Callback from a Halcyon Counselor

Schedule Video Counseling Through Counselor Connect



# TEXTCOACH™

## TEXT THERAPY THAT GOES WHERE YOU GO

### PRIMARY FUNCTIONS

Boost Emotional Health and Wellbeing Through Exchange of Text Messages, Voicenotes, Videos and More

Convenient Access to a Licensed Coach Anytime, Anywhere

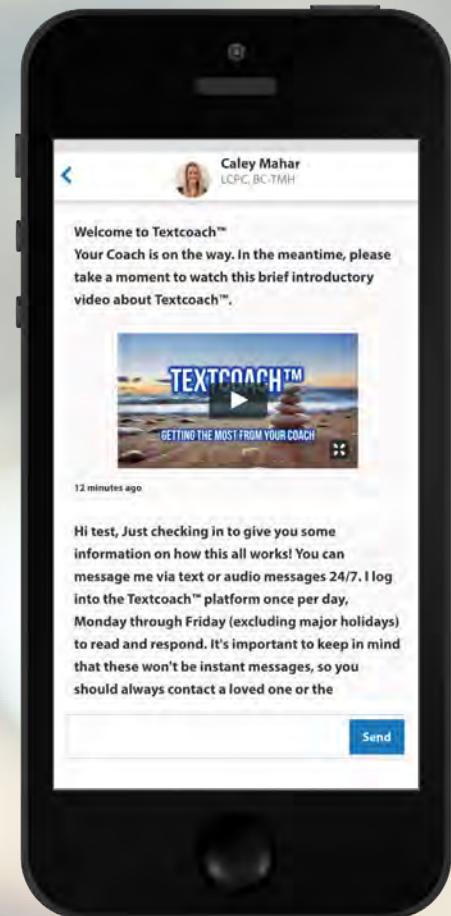
Stigma-Free and Secure Platform

### ACCESS

Download the App Using the QR Code

Visit [www.text.coach](http://www.text.coach)

Log into the Halcyon EAP Web Portal and Click the Textcoach™ (  ) Icon



# HOW DO I LEARN MORE?



**LIFE THROWS CURVEBALLS**

Halcyon EAP helps you stay in the game with confidential counseling, resources and referrals.

Support for everyday issues. Every day.

1-888-HAL-4800 (425-4800)  
[www.halcyoneap.com](http://www.halcyoneap.com)  
Username: [your company name, with no spaces]

Halcyon EAP



**PERDIÓ SU AMOR JUVENIL?**

A veces las relaciones no son una caminata por el parque. Para obtener ayuda para nutrir sus relaciones en el trabajo y el hogar, comuníquese con Halcyon EAP.

Apoyo para las circunstancias cotidianas. Cada día.

1-888-HAL-4800 (425-4800)  
[www.halcyoneap.com](http://www.halcyoneap.com)

Halcyon Behavioral



# productivity

Sometimes, everyday issues are the hardest ones to manage.

If stress, pressure or anxiety are making you less than 100% productive, contact Halcyon EAP for confidential support and resources.

**Support for everyday issues. Every day.**

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**1-888-HAL-4800**

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Halcyon  
EAP