

Keep the holidays happy with your EAP

The holidays can bring added stress, but ESI EAP is here to support you and your family. [Be sure to visit our 2024 Holiday Survival Kit.](#) Here are just a few other ways we can help:

- ❄️ **Holiday Shopping on a Budget?** The ESI Lifestyle Savings Benefit offers discounts on top brands.
- ❄️ **Feeling Overwhelmed?** Grief, depression, and anxiety can be even more difficult during the holidays. ESI EAP provides counseling and support 24/7 by phone. ESI also provides a variety of additional counseling options to best fit our members' needs and lifestyles, including text, voice, and video messaging, telehealth, and local in-person sessions.
- ❄️ **Healthy Living Tips?** Wellness Coaches and our online Wellness Center offer tips on nutrition, fitness, and more.
- ❄️ **Caring for Elderly Family Members?** Caregiver Benefits connect members to local resources and information on medical and homecare needs.
- ❄️ **Financial Worries?** Certified Financial Coaches and our Personal Finance Center provide tools, trainings, and resources.
- ❄️ **Seasonal Stress Taking a Toll?** ESI EAP offers coaching programs in Managing Stress & Relaxation Coaching for Beginners!

- ❄️ **Concerned about Alcohol or Drug Use?** ESI EAP provides confidential counseling and resources for substance misuse.
- ❄️ **Making New Year's Resolutions?** Access thousands of online classes for personal and professional growth.



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