



## TOWN OF NANTUCKET NEW EMPLOYEE ASSISTANCE PROGRAM

The Town of Nantucket is now working with e4 Health to provide assistance for our employees and their families.



We appreciate that it can be challenging to balance everyday personal, family and work-related issues. That is why we want to take this opportunity to let you know

about our new Employee Assistance Program (EAP), **E4!**

**E4** is a free, confidential service that is available to all employees, as well as their household members.

**E4** provides assistance with a variety of topics, including:

- Anxiety, depression, relationships, substance use and domestic violence
  - Child care, eldercare, and pet care
  - Financial and legal concerns
  - Everyday household matters
    - Health and wellness

**E4's** professional counselors are available 24 hours a day, 7 days a week to offer immediate telephonic support as well as referrals to local counselors and other resources. Simply call the toll-free, confidential helpline at (800)227-2195 to access any of the above services. Your call will always be answered by a live, Master's-level counselor.

You and your household members also have access to **E4's** comprehensive website: [www.HelloE4.com](http://www.HelloE4.com) (Username: **nantucket**; Password: **guest**). The website offers valuable information, assessment tools, links and resources in the areas of Family & Caregiving, Emotional Well-Being, Daily Living and Health & Wellness.

Why wait? Call the **E4** helpline or visit the website today and take advantage of all of the resources it provides.

Your well-being is our top priority

### **E4 Health Links:**

[e4 Health](#)

[e4 Health Video Link](#)

[EAP: Employee Assistance Program](#)

[Management Support](#)

[e4 Health Overview](#)

[Hello e4](#)

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