




Tilson HR Employee Assistance Program (EAP)


Free | Confidential | 24/7


 **Counseling Support** 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, and guidance.
- Up to 6 EAP sessions for assessment, short-term counseling, and referral.
- Telephonic, video, and in-person options available.

 **Tess Chatbot** 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 issues such as divorce, family law, wills, adoption, and more. Identity Theft Recovery and mediation services are also available. 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** specialists provide consultation, information, resources, and verified referrals for most all personal and family needs such as:

- Childcare
- Eldercare
- Adoption
- Academic
- Health & Wellness
- Relocation
- Concierge
- Pet Care

Tilson HR has partnered with Espyr® to provide you and your eligible family members with a comprehensive EAP to help with a variety of personal and work life matters. The EAP is a free and confidential resource available 24/7.

App: Download the Espyr Connect mobile app from the Apple Store or Google Play Store.



**Scan &
Download Now**



Access digital resources including webinars, assessments, videos, quizzes, articles, motivational tips, and more.

Online: care.espyr.com