



MEGA's EAP Program

Effective October 1, 2023

Overview of EAP Services for All Members

MEGA has partnered with **Perspectives** as its Employee Assistance Program. This program is for employees, their family members, and significant others. Reach out to Perspectives today and you will be connected to a master's level counselor who will help with any of our services offered, including:

- [Mental health counseling](#)
- [In-the-moment phone, text, and chat support](#)
- [Legal and financial services and referrals](#)
- [Childcare, eldercare, housing resources and more](#)
- [Wellness coaching](#)

[Log in to the WorkLife Online Portal](#) where we offer a variety of online resources including [SkillBuilders & Training Bites](#) and [Monthly Webinars](#).

Perspectives is currently working on updating their website. We will provide updated materials as changes roll out closer to 1/1/24.

Perspectives understands your need for flexibility, so we are available by phone or text 24/7 at 800-456-6327. You can also [Download the App](#) for easy access.

Sharable Education about the EAP

- [Resource flyers](#) for ALL Members (Printed versions are available upon request)
- Quick [11-minute orientation video](#) that will help you understand the services available to you. It can be downloaded and saved for future use *passcode: hZC0^7C (link expires 12/1/23)
- Great to share during a staff meeting and/or via email!

Additional EAP Services for our Organizational Leadership

Workplace Handbook

Perspectives [Workplace Handbook](#) illustrates how the EAP can be a tool to assist you in your role as a manager/leader.

Seminar Hours

In addition to the above benefits, All MEGA entities are entitled to one onsite or virtual hour specific to your entity, paid for by MEGA. If you are interested in exploring this, please reach out to your Account Managers. (See below)

Visibility Tables

You can use your one allotted hour for a representative to attend a benefits fair to answer questions. Printed resources are available at any time, please reach out to your Account Managers. (See below)

Critical Incident Response Services

Please call our Access Center at 800-456-6327 to organize this service. There may be an associated fee. To learn more about this service, please see [this flyer](#).

Perspectives Account Managers for MEGA are:

Nicky Bernhard
nbernhard@perspectivesltd.com
312.252.7746

Jorie Cotton
jcotton@perspectivesltd.com
312.252.7706