

# EAP Summary of Services

## A benefit for you and your family members provided by West Linn - Wilsonville School District

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

### Counseling with an EAP Professional

Six (6) counseling sessions face to face, over the phone, or virtually for concerns such as:

- Relationship conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or drug abuse
- Grieving a loss
- Professional development

### Resources for Life

Canopy will help locate resources and information related to childcare, eldercare, caregiving, and anything else you may need.

### Legal Consultations / Mediation

Contact Canopy for a free thirty-minute office or telephone. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

### Financial Coaching

Coaches will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

### Identity Theft

Up to a 60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist with restoring their identity, good credit, and dispute fraudulent debts.

### Home Ownership and Housing Support

Assistance and discounts for buying, selling, and refinancing. Resource retrieval for housing assistance.

### Coaching

Access phone or video sessions with a Coach to support goal setting, healthy habits, and personal development.

### Pet Parent Resources

Free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

### Wellbeing Tools

- Fertility health support
- Will kit questionnaire
- Online legal tools
- Gym membership discounts

### Member Site

Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at [my.canopywell.com](https://my.canopywell.com), and register as a new user or log-in. Enter **WLWV School Dist** for company name when you register.



**Crisis Counselors are available by phone 24/7/365**

**call: 800-433-2320 text: 503-850-7721 email: [info@canopywell.com](mailto:info@canopywell.com)**

**Canopy is committed to creating a safe, inclusive, and equitable society for all.**

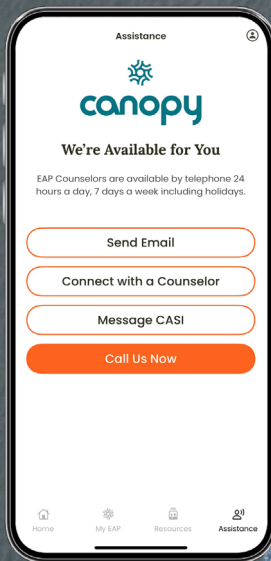


# Canopy EAP App

## Emotional Wellbeing Care

**Free and confidential mental health support and resources to navigate life and work**

**Browse your EAP benefits and connect with coaches, counselors, digital tools, and resources for life**



**Download your  
EAP App:**  
*Search Canopy EAP*



**To access:**  
**call: 800-433-2320**  
**text: 503-850-7721**  
**email: [info@canopywell.com](mailto:info@canopywell.com)**





# Visit The EAP Member Site

- Learn about EAP benefits
- Download legal forms
- Access financial planning resources
- Request appointments with financial coaches and attorneys
- On-demand webinars and virtual courses for personal and professional growth

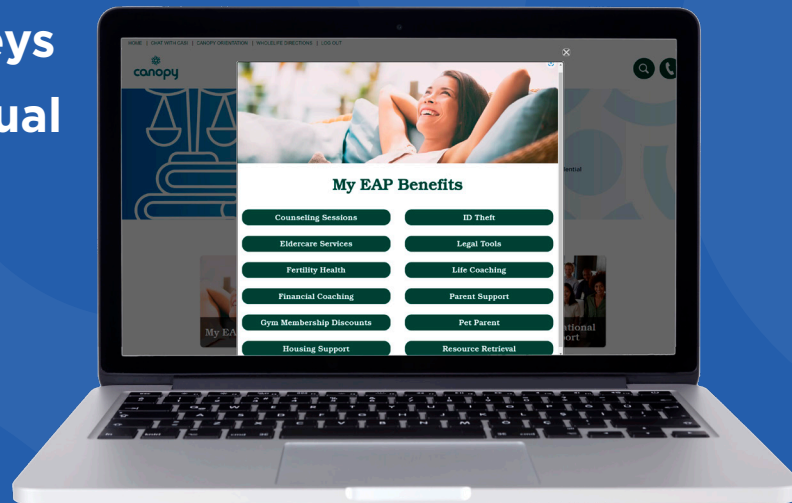
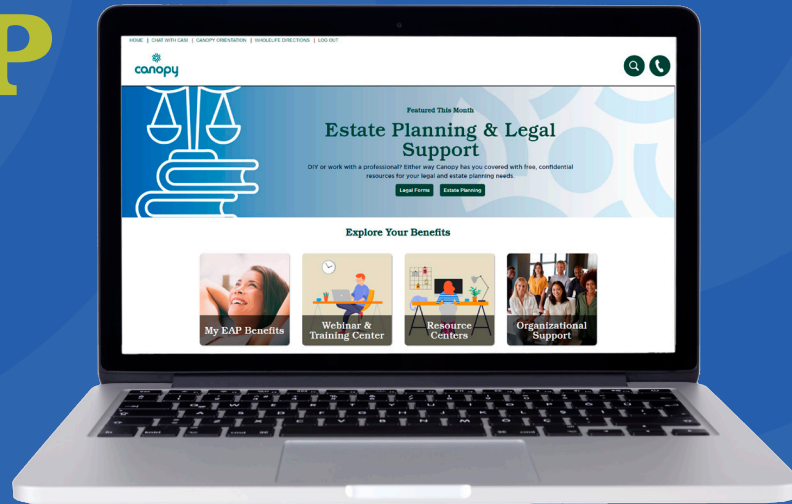
## To Access:

1. Visit [my.canopywell.com](https://my.canopywell.com)
2. Register as a new user or log in

**Call:**  
800-433-2320

**Text:**  
503-850-7721

**Email:**  
[info@canopywell.com](mailto:info@canopywell.com)



# Resources for Life

## **Legal / Mediation**

A free 30-minute consultation with an attorney or mediator.  
A 25% discount is available thereafter.

## **Financial Coaching**

Unlimited access to reach your financial goals.

## **Identity Theft Services**

Consultation with a Fraud  
Resolution Specialist™ (FRS).

## **Home Ownership Program**

Assistance and discounts for buying,  
selling, and refinancing a home.

## **Resource Retrieval**

EAP Specialists will do the research  
and get back to you within three  
business days.

## **Childcare & Eldercare**

Canopy will locate caregiving  
options and resources based  
on your family's specifications,  
budget, and location.

### To access:

call: 800-433-2320

text: 503-850-7721

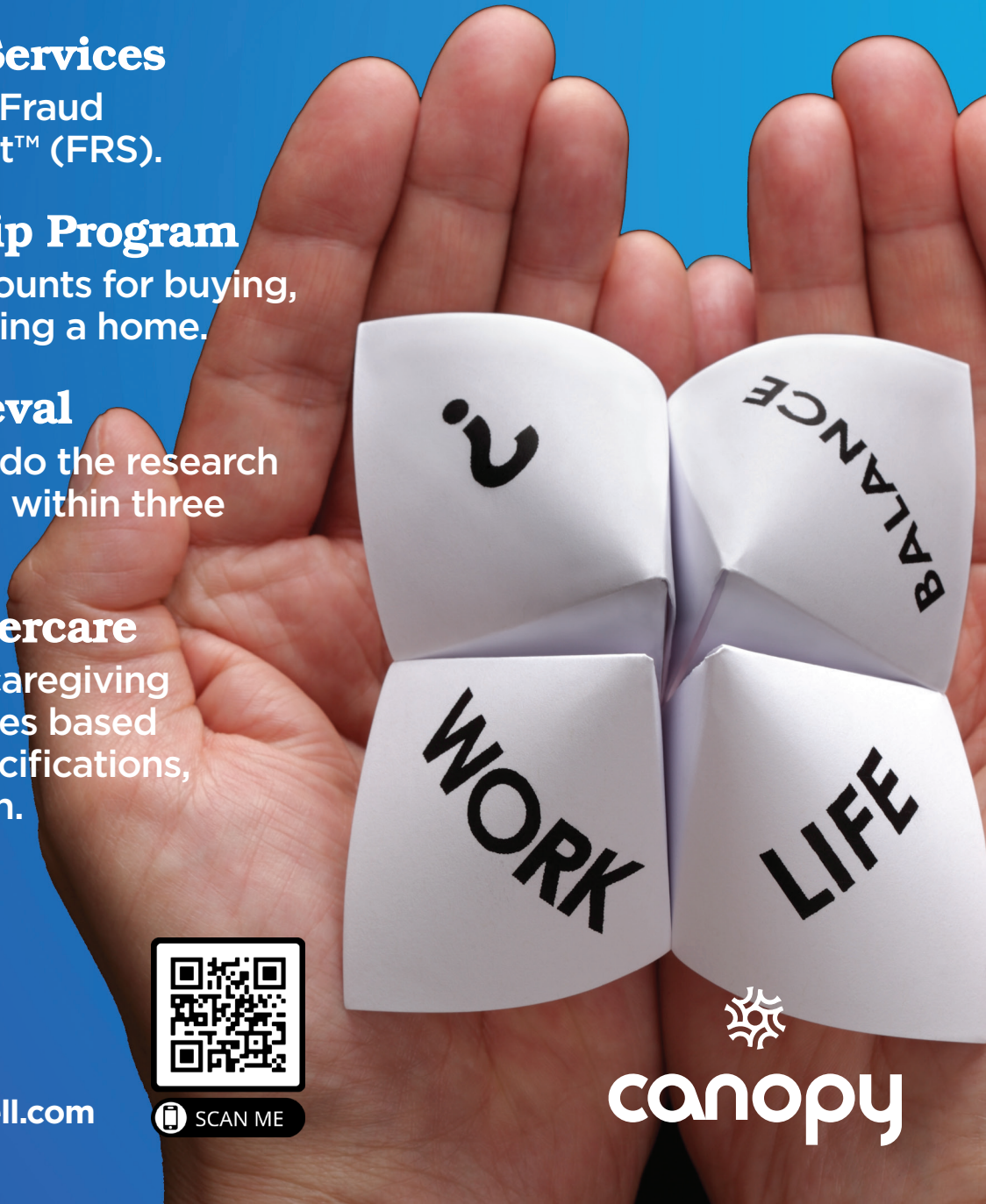
email: [info@canopywell.com](mailto:info@canopywell.com)



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# Anonymous Peer Support

We can all benefit from a safe, supportive environment to help us manage our mental health

Regardless of what you're struggling with, you can connect online with peers sharing similar concerns 24/7/365

**It's free, confidential, and easy:**

- 1) Type what you would like to discuss
- 2) You will be placed into a professionally moderated, private group chat regarding your topic, within one minute
- 3) Start chatting to share and receive peer support and resources

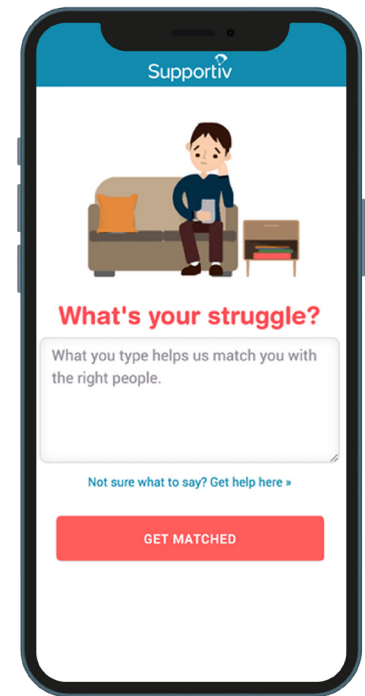
**Example topics:**

- Anxiety
- COVID-19
- Grief
- Loneliness
- Relationships
- Anger
- Depression
- Health
- Parenting
- Work

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text: 503-850-7721

canopywell.com



# Standing Together During Difficult Times

Several recent situations in the news are weighing on the hearts and minds of many. Our minds are flooded with questions, our bodies filled with fluctuating emotions, and our spirit consumed with an eroding sense of security. Many of us are concerned about the well-being of our children, significant others, family and friends.

Although the degree to which we are impacted may vary, one thing we can all do is empathize and provide a listening ear to one another. Being patient with one another as we attempt to gather our emotions and thoughts can stabilize people through troubling times.

**As individuals process the news and initially react their experiences may include:**

## **Physical Symptoms**

- Headache
- Muscle tension
- Upset stomach
- Chest tightening
- Fatigue

## **Emotional Symptoms**

- Sadness
- Anxiety or worry
- Irritability or anger
- Shock/numbness
- Restlessness

## **Behavioral Symptoms**

- Decreased focus
- Muscle tension
- Increased errors
- Withdraw
- Outbursts

## **Tips for aiding ourselves:**

- Access support from those who share common values and concerns. This will enable the healing process to begin, and will provide a solid foundation as we attempt to gather ourselves.
- Monitor exposure to all media outlets. The ease of access to the details and specifics involved in recent incidents can intensify our emotions and make it challenging to function.
- Accept that tragedy is painful, and finding solutions to the problem and answers to our questions will be difficult.

## **Tips for aiding others:**

- Every individual has their own unique experiences that create their reaction. Listening and supporting the needs of others while refraining from sharing your personal opinions is of the utmost importance.
- Many are struggling with “normal” routines given COVID-19. These tragedies become yet another thing for all, including children, to process and manage with regard to their emotions. Remembering to keep your emotions under control can help children as they navigate these tragic events.

The recent events may change the way we view our society and how we live in it. Life will not be the same after these incidents, but we can still try to make a positive impact with our fellow neighbor. Continue to offer a helping hand, a kind word and a giving spirit so we can all heal from these unfortunate tragedies.

**Contact Canopy to speak with a counselor 24/7 at:**  
800-433-2320 text: 503-850-7721 [my.canopywell.com](https://my.canopywell.com)



# Mental Health Matters



**Mental wellbeing is not about living a life without concerns, setbacks or challenges. Rather, it's about healthy coping and feeling confident to manage life's ups and downs.**

**We can all use a hand with this sometimes. Canopy provides free and confidential coaching, counseling, digital tools, and more to support you.**

**Contact Canopy for resources that help enhance your mental wellbeing and quality of life.**

call: 800-433-2320    text: 503-850-7721    [my.canopywell.com](https://my.canopywell.com)

