

Employee Assistance Program (EAP) is now Emotional Wellbeing Solutions (EWS)

Here4TN Employee Assistance Program (EAP) is now Emotional Wellbeing Solutions (EWS). The name has changed, but the services and resources are the same. Here is a reminder of the available benefits through Here4TN:

- **Counseling** — Here4TN offers telephone, in-person, and virtual in-network counseling options, including up to 5 no-cost short-term counseling visits per issue, per individual, per year at no cost to you. This service is available to you and your eligible family members. Preauthorization is required to use counseling services. You may also have access to additional support with long-term counseling through your [behavioral health benefits](#), as needed.
- **Financial Support** — Learn how to increase savings, reduce debt, and improve credit, so you can dial down financial stress. Here4TN offers an online financial stress assessment; self-directed online learning; a 25% discount for the preparation of all personal income tax documents; and two calls with a money coach.
- **Legal & Mediation services** — Get free and discounted confidential access to local attorneys and professional mediators. Here4TN includes one 60-minute phone or in-person consultation with an attorney per issue per year at no cost. Plus, you can get ongoing representation by an attorney at a 25% discounted rate.
- **WorkLife Services** — Find support for parenting, eldercare, life learning, household services, pet sitting, and more convenience services. Request a consultation online or call. WorkLife specialists are available 24/7 to offer no-cost referrals to verified resources and deliver educational materials to help you.

Confidential support is available anytime you need it. Call Here4TN EWS at **855-Here4TN** (855-437-3486). Visit Here4TN.com to learn more.

Benefits-eligible employees, as well as their spouses and dependents, can utilize EWS resources and services. If you are not eligible for EWS services or are seeking additional mental and behavioral health services, the following community, state and national resources are available to you:

- **TN Mental Health & Substance Abuse Crisis Walk-In Centers**

<https://www.vbhcs.org/>

Crisis Walk-In Centers offer face-to-face, 24/7/365 evaluation for those who are experiencing a mental health emergency. The local **Volunteer Behavioral Health** is located at:

413 Spring Street
Chattanooga, TN 37405
24-Hour Crisis Line: 1-800-704-2651
General Inquiries: 423-756-2740

- **Tennessee Suicide Prevention Network**

<https://www.tspn.org/>

TN Statewide Crisis Line: 1-855-CRISIS-1 / 1-855-274-7471

- **National Suicide Prevention Lifeline**

1-800-273-8255 (TALK)

For more information or to chat live with a crisis counselor, please visit the National Suicide Prevention Lifeline at <http://www.suicidepreventionlifeline.org/>

- **988 Suicide & Crisis Lifeline**

<https://988lifeline.org/current-events/the-lifeline-and-988/>

When people call, text, or chat 988, they will be connected to trained counselors who are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.