FEI provides a confidential Employee Assistance Program (EAP) benefit at no cost to you. Whether it's relationship problems or emotional stress, your EAP connects you and your eligible family members with 24/7 phone access to live, professional counselors who can refer you to counseling sessions near your work or home.
“There was a time when I felt overly burdened and disconnected from the things that mattered most in my life. Now I’ve regained a sense of balance and renewed direction, and I owe it in part to the availability of my EAP benefit.

My organization had downsized, and even though I kept my job, my workload increased exponentially as my peers were let go. Pressures grew alongside my stressors, and I felt less like myself with each passing day. Things that had once excited me were losing their luster. I wanted to talk to someone—to be a stronger, happier person—but I just didn’t know where to turn for help.

Then I remembered the EAP, and I’m glad I did.”

Your EAP can help you

1. Alleviate emotional stress
2. Enhance interpersonal relationships
3. Address family/parenting challenges
4. Become resilient in the face of traumatic events
5. Address substance abuse
6. Manage strong feelings
7. Build on personal strengths
8. Navigate life transitions
9. Work through grief and loss

Invest in yourself

1. Seeking help is a positive choice
2. Learn how “good stress” can enhance your well-being
3. Don’t lose out on this valuable benefit!

How do you access your EAP?

Call 800.638.3327 or visit feieap.com
Username: lcc