

First Choice Health Employee Assistance Program (FCH EAP)

The Employee Assistance Program provides free, confidential access to licensed behavioral health professionals for you, your spouse or partner, and children up to age 26.



FCH EAP provides support for a wide range of family, relationship, emotional, behavioral, mental health, and substance use concerns.

Counseling referral services:

- Mental Health Concerns
- Anxiety/Depression
- Relationships/Family
- In-the-Moment Support
- Alcohol/Drug/Addictions
- Grief and Loss
- Work Conflict
- Domestic Violence
- Other Concerns

Provider matching

We match you with providers tailored to your needs.



LOCATION



SPECIALTY
PREFERENCES



INSURANCE
COVERAGE



SCHEDULE

Choose your preferred way to get support



IN-PERSON



MESSAGING



CHAT



PHONE



VIDEO