

Online Resources available at **SentaraEAP.com**



Your employer values your well-being by offering Sentara Employee Assistance Program (EAP).

This free and confidential benefit for you and your household members includes access to a robust online resource at SentaraEAP.com. Our newly-enhanced website makes resources available right at your fingertips.

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- More than 80 on-demand online courses
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- General information on a wide variety of behavioral health topics
- Personal and professional development and behavioral health articles created by the Sentara EAP clinical staff.
- An expansive library of articles, videos, and thousands of other resources
- Self-assessment tools to assess symptoms (i.e., depression, anger, substance use, etc.)

**Your organization's
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**1-800-899-8174
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Sentara EAP is administered by Sentara Behavioral Health Services, Inc.