



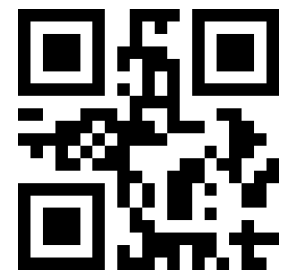
Please remember to say, "I have an SAP with... (name of school)"

# 800.442.0809

Press 1 and follow the prompts

## Your SAP Benefits Include

- 3 sessions of free, confidential counseling per episode of care
- In-the-moment support available 24/7
- Free legal consultation
- Free financial consultation
- Free elder care consultation
- Personal Advantage online library access
- Wallet Wisdom online financial wellness
- All benefits available to member and EVERY member of their household



Scan the QR Code above  
to call the SAP benefit line.

## Additional Contact Info

Email: [eap@pinerest.org](mailto:eap@pinerest.org)

Web: [pinerest.org/eap](http://pinerest.org/eap)

Personal Advantage: [pinerest.org/PAL](http://pinerest.org/PAL)

### Confidential Counseling Services

Free, confidential counseling can be accessed via teletherapy or in-person sessions.

- **How do I schedule my free counseling sessions?**  
Call 800.442.0809, press 1 and follow the prompts. Remember to say at the beginning of your call, "I have an SAP with... (name of school)".
- **What is an episode of care?**  
An episode of care begins with your first visit and doesn't end until you have left treatment and your case is closed. An episode of care may include addressing multiple issues.
- **Will my school be notified?**  
All SAP services are 100% confidential.
- **Are my family members eligible for SAP benefits?**  
Every member of your household is eligible for the SAP benefits including dependents who are away at school.

### What if I need immediate support?

If you or a loved one are in crisis or experiencing suicidal thoughts, please visit a hospital ER or Pine Rest Psychiatric Urgent Care Center.\*

Access in-the-moment support by calling 800.442.0809 (press 1 and follow the prompts).

\*ER and Psychiatric Urgent Care are not included in the SAP benefits.

### Free Consultations

Free consultations are available to you and every member of your household.

#### Elder Care Consultation

Access an elder care specialist from Pine Rest for a free consultation including assessment of needs, education and resources for housing, care and support groups.

#### Legal Consultation

Access an attorney from Michigan law firm, Rhoades McKee, for a free 30-minute consultation to discuss any legal matter. Additional services receive a 20% discount.

#### Financial Consultation

Access a finance expert from Lake Michigan Credit Union to discuss any financial matter via telephone, video call or in-person at a LMCU location.

#### Accessing Your Free Consultations

- Option 1: Call 800.442.0809, press 1 and follow the prompts to select your free consultation.
- Option 2: Scan the QR code below to email your request.
- Remember to say, "I have an SAP with..."



Scan the QR code to email your request for an elder care, legal or financial consultation.

### Free Online Resources

**Personal Advantage** is an online library with thousands of resources related to health and wellness, financial and legal issues and more. This library includes articles, videos, webinars, calculators, locators, assessments and trainings.



**Personal Advantage**  
[pinerest.org/PAL](http://pinerest.org/PAL)

My Company Username is:

**Wallet Wisdom** is a financial resource library of webinars, calculators and articles to help you with complex financial issues such as debt consolidation, student loans, retirement saving, mortgage lending and more.



**Wallet Wisdom**  
[go.lmcu.org/pine-rest](http://go.lmcu.org/pine-rest)