

We help support you



Everyday stress can be overwhelming.

With Health Advocate, you have access to free, confidential, 24/7 assistance for you and your eligible family members.

All at no cost to you.

Turn to us—we can help.



866.799.2728

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/columbuscityschools



Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential.

In a crisis, help is available 24/7.

We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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24/7 Access to your EAP Provider

- Consult with us in person, by phone, or chat
- Access your comprehensive website and mobile app for articles, tips, webinars and tools

Stressed? Anxious? Upset?

- Get help for family, financial and legal problems, life transitions, substance abuse and more
- Learn techniques to manage stress, depression, anger
- Learn strategies to improve focus, such as mindfulness

Struggling to cope?

- Build skills to handle challenges, feel more in control of your life
- Get referred to qualified long-term help, if needed

Need support to balance life?

- Locate childcare, eldercare, summer camps, special needs services, and relocation services
- Get time-saving help locating community resources
- Access a personal concierge for help with travel booking, party planning, dinner reservations and more