

# Employee Assistance Program

Free | Confidential | 24/7



**Counseling** for stress, marital and family problems, job-related concerns, life transitions, work-life challenges, emotional issues, and other concerns.

- **TalkNow**® provides immediate access to counselors for in- the-moment support
- Up to **6 EAP counseling** sessions to help build coping skills and solutions, virtual or in-person



**Tess** is a supportive AI chatbot that's available 24/7, for unlimited conversations to help manage stress, increase self-awareness, build resilience, and discover helpful resources.



**Health Coaching** from professional health and fitness coaches to help you enhance your diet, fitness, and other aspects of your physical health and wellness.



**Legal** assistance for divorce, family law, wills, adoption, identity theft recovery, meditation and more. Get a free 30-minute consultation and 25% discount off the mediator or attorney fees for services rendered beyond the EAP.



**Financial** consultation regarding debt matters, investment options, money management, taxes, and retirement planning. Financial personnel services are discounted at 25% as are CPA tax preparation fees.



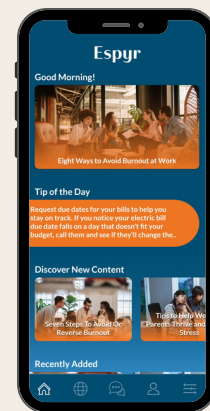
**Work-Life** consultants for resources and verified referrals for most all personal and family needs, including:

- Childcare
- Eldercare
- Adoption
- Academic
- Health & Wellness
- Relocation
- Concierge
- Pet Care

Tilson HR has partnered with Acentra Health to provide you and your eligible family members with immediate support to help improve your well-being.

## ACCESS YOUR SERVICES

**App:** Download the mobile app to access on-demand resources, services, and more.



Download  
Now



**Online:** [care.espyr.com](https://care.espyr.com)

**Call:** (800) 869-0276

**Tess:** Chat with Tess by texting "Hi" to (442) 245-8065 or via the Espyr Connect app.

**Chat:** Chat live with Espyr online or through the Espyr Connect mobile app to ask a question, request services, or receive immediate counseling support.