



Employee Assistance
Program and Training
Suite 125
707 Sable Oaks Drive
South Portland, ME 04106

Office 800.769.9819
Fax 207.773.5337
TTY dial 7.1.1 for TRS
then dial 800.769-9819

Your Healthy Life EAP Benefit

Alternative Corrections Healthcare is invested in the well-being of its valued members and has secured a ***confidential employee assistance program (EAP) at no cost to you and your household members.*** Experienced counselors are readily accessible to provide emotional/mental health support and explore helpful community resources. An easy to access online resource with vetted articles, videos, and tools to help navigate life situations, is available to you and your household members. We are committed to supporting you in reaching your optimal well-being.

Experienced Counselors are available 24 hours a day, 7 days per week by calling EAP at **1.800.769.9819**. You and your household members can call EAP any time and speak with a counselor on the phone. EAP provides short-term support and interventions focused on solutions, skill enrichment and resource gathering. You and your household members are eligible for up to 4 EAP sessions with a licensed mental health professional located in-office or via telehealth, at no cost to you. Support is available for a wide variety of concerns including anxiety, depression, workplace stress, life transitions, couples, family, substance use, grief, and many other matters. All EAP sessions are confidential; no problem is too small for EAP.

Online Work/Life Services can be accessed anywhere there's internet connection. The website offers resources on psychological, physical, intellectual, financial, occupational, and social well-being. Screenings, articles, and videos on a wide range of topics are available, including parenting, stress, budgeting calculators, and templates for legal forms such as wills and living wills.

To access go to www.healthylifeeap.com

Scroll down and click on Employee Assistance Program tab

Click on **Work/Life Services**, located on the left

Click on **Current clients log in here**

*For first time users only, click on the **Register button***

Enter the requested information and choose your own username and password

Your Company Code is: ahc-altcor

Have questions or are interested in receiving the EAP benefit? Call **1.800.769.9819**