



# Nurture the Seeds of Success

HelpNet



2019

**WHATEVER YOU NEED,  
WE ARE HERE TO HELP.**

*Just call or log on to get started.*

To access our website, go to:  
[www.helpneteap.com](http://www.helpneteap.com)

At the top of the page click on:  
**Work Life Login**

Enter Username: **NOBLE**

To schedule your counseling session  
call: 1-800-969-6162

Balancing work with life's other responsibilities can be a challenge. SCOIC provides you with an Employee Assistance Program that can assist you as you build your day ... your week ... your life.

HelpNet EAP is available 24 hours a day, 7 days a week and 365 days a year! The EAP offers Solution-Focused Brief Therapy (1-5 sessions) at no cost to you and members of your household. Counseling is provided for:

- Family and marital issues
- Emotional problems
- Stress, anxiety and depression
- Legal and financial Assistance

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**

HelpNet EAP is a free, confidential benefit to help you balance your work, family, and personal life.