

It's Never Too Soon to Call for Help



SWEAPConnections

We actively listen to you.
We provide professional assessments,
short-term problem solving, and
resources that can help you deal with
challenges at home or work.



Keeping People Productive
at home, at work, & at life

(501) 663-1797

(800) 777-1797

info@sweap.com

Online resources available

sweapconnections.com

Help is Always Available

(501) 663-1797

(800) 777-1797

info@sweap.com

sweapconnections.com

Why Should I Reach Out?

Sometimes life's problems are too big or complex for you and your family to handle alone. SWEAP Connections is a free, confidential, problem solving resource provided by your employer to help in areas including:

- Marital, family or relationship problems
- Stress, depression or grief
- Addiction concerns (alcohol, drugs, gambling, internet, etc.)
- Workplace stress or conflict
- Parenting, childcare or elder care

How Do I Get Started?

The EAP is here to help. Counseling and coaching is available in-person, by phone or video. Our trained counselors offer support to help you identify your needs and make a plan to get you on track. We can also connect you with resources that support you and your family.

What Is the Cost?

Nothing! Your employer provides the EAP. There is no cost for services to you or your family.

Are These Services Confidential?

Absolutely! Information can only be released with your written consent. The only exception, as required by law, is cases where clients express the intention of harming themselves or others, or the mandated reporting of child and elder abuse.

Help is Available Online!

At sweapconnections.com, you'll find resources that include videos, self-assessments, trainings, and articles on topics that may be helpful for the specific situation you're facing.

Follow us for productive living tips:

