



EMPLOYEE PAINTERS' TRUST

Welcome to Your New EAP Benefit

The Trustees of the Employee Painters' Trust (EPT) are pleased to announce that Canopy Wellbeing has been selected to provide Employee Assistance Program (EAP) services. This new benefit will be available beginning August 1, 2023, to eligible Members and Dependents up to 26 years of age. Canopy is a national private EAP provider that has been providing EAP services since 1975 and has a proven record for providing the highest quality services possible.

In today's complicated and challenging world, it's not unusual for people to encounter difficulties with finances, stress, substance misuse, family or marital relationships, or their own emotions. We recognize that these difficulties can adversely affect job performance and the overall quality of life. To address more effectively these and other concerns, EPT is providing Members and their Dependents with an EAP.

The EAP provides free, confidential, and professional assistance, including assessment, problem solving, and referral for a wide variety of personal or family concerns. Services include **four (4)** confidential face-to-face counseling sessions, legal consultations, simple wills, financial coaching, child and eldercare resource retrieval services, identity theft services, and more. A key factor in the program is confidentiality. Records of visits and the reasons for those visits are maintained solely by Canopy Wellbeing. Neither the Trust or the employer will have access and do not want access to such records.

For additional information and to access services, go to: my.canopywell.com, click "Member Log in" and Register as a new user. Then, create your own account and use **Employee Painters' Trust** in the "Company Name" field. On the website you will find online scheduling, provider search, self-assessment tools, videos, courses, Webinars, legal and tax forms, resources to manage stress, work, family and more. In addition to my.canopywell.com, there are other flexible points of access to the EAP, which includes text support, live chat, video support, phone counseling, mobile phone application (search for Canopy EAP at Google Play or App Store) and 24/7 crisis support.

Our lives can be significantly enhanced if we seek prompt help in dealing with problems relating to family, stress, substance misuse, anxiety, and depression.

Sincerely,

Board of Trustees
Employee Painters' Trust

call: 800-433-2320 text: 503-850-7721 visit: canopywell.com

