



# Helping Hand Service



### Access Details:

*Your Employee Assistance Program services are free, confidential, and always available 24/7/365.*

*To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service.\* Our client navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.*

*\* Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

## Unlock Your Path to Wellbeing with MINES Helping Hand

Are you looking to access your mental health and wellness resources offered through your EAP services but have never done so before or need a little extra guidance? At MINES, we understand that taking that first step can sometimes feel overwhelming. That's why we're thrilled to introduce our Helping Hand Services – a dedicated team who are here to simplify your journey.

### How MINES Helping Hand Services Can Support You

- **Personalized Connections:** We know you are busy! Our intake coordinators reach out to counselors, coaches, financial experts, and more, on your behalf. We confirm essential details such as general availability, specialty, lived experience, and other important criteria to ensure you're matched with the right professionals without the need for you to call multiple referrals.
- **Effortless Access:** We take the guesswork out of the process. Our team makes it easy for you to connect with the services you need, providing clarity and confidence every step of the way.
- **Tailored Support:** Whether you're seeking mental health counseling, coaching, financial guidance, work/life services or any other resource within your EAP, our Helping Hand Services are here to ensure your unique needs are met.

### Your Wellbeing, Our Priority

At MINES, your wellbeing is our top concern. Our Helping Hand Services are designed to make your journey to mental health and wellness support as smooth and stress-free as possible. Take the first step towards a healthier, happier you by reaching out to MINES and discovering the difference our Helping Hand can make.

**Call or log on to access your counseling services today!**

**Free & Confidential support!**  
**Call or log on today to get started at:**  
**1-800-873-7138 or visit**  
**[minesandassociates.com](https://minesandassociates.com)**

*This guide is for informational purposes only. Call MINES for complete details.*

