



Sentara EAP*

Guidance and support for everyday life.



Easy

Call **1-800-899-8174** to schedule an in-person, telephonic, or virtual counseling appointment.



Confidential

Discussions with our clinicians are protected by strict privacy laws.



No cost

Our services are covered by your employer, so there's no cost to you or your household members.



A wide range of resources are just a click away at [sentaraEAP.com](https://www.sentaraEAP.com)



1-800-899-8174



*This benefit is only available for employees insured through Sentara Health Plans.

Sentara EAP is administered by Sentara Behavioral Health Services, Inc.