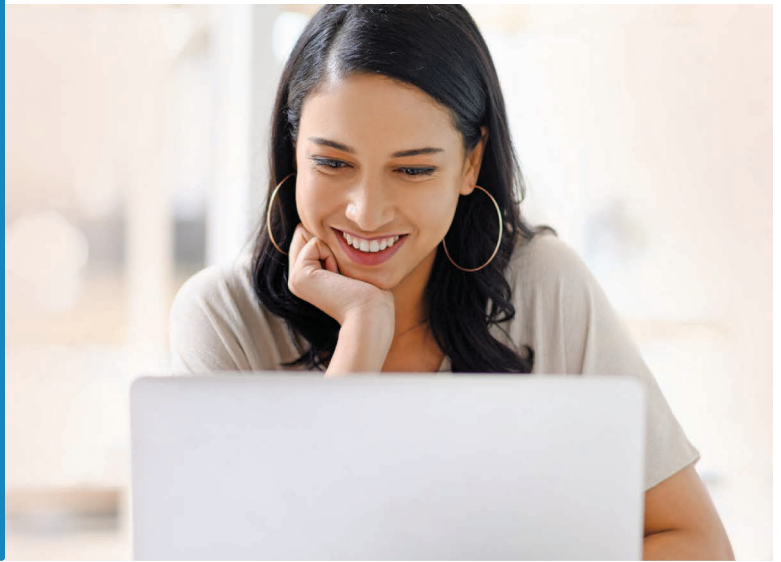


# How to Contact EAP



When you need someone to talk to, Mutual of Omaha's Employee Assistance Program is there to help provide resources to assist with personal and job-related issues.

## Two Ways to Request EAP Services



- 1.** The EAP team is available by phone 24 hours a day, seven days a week. Call today at 800-316-2796.



- 2.** New Online Service Request Form
  - a. Go to the EAP website – [mutualofomaha.com/eap](https://mutualofomaha.com/eap)
  - b. Click on the Request Services button located near the phone number
  - c. Provide your company name, demographic information and the reason for seeking assistance
  - d. Click submit



For over 25 years, Mutual of Omaha's in-house EAP has been staffed by licensed, master's level counselors. Our exclusive provider network and personalized provider matching allow us to quickly get you the help you need.

