

Change is hard. Make it easier with the WEESN EAP

Whether you want to boost your emotional fitness or treat a mental health concern, the Educator Assistance Program, powered by Supportline, offers many support options. With its guidance and tools, you can change habits, establish new routines, build your resilience, and boost your emotional fitness.

What is the difference between a coach and a counselor, and which one is best for you?

Much like you might hire a coach to help train for a sporting event, get better at public speaking, or improve your diet, you can also use a coach to boost your mental well-being. A coach can help strengthen your emotional fitness by exploring present and future behaviors through goal setting and problem solving. You can receive up to five free 30-minute sessions per concern.

A counselor is a licensed clinician who can help address your mental health concerns, such as relationship issues, depression, anxiety, grief, stress, and substance use. They will work with you to explore your past and current behaviors and find ways to address and improve emotional issues over the long term. You can receive up to five free 60-minute sessions per issue.

Schedule your one-on-one session virtually or with a local provider by calling 866-255-WECA (9322) or visit [Supportline.com](https://supportline.com) and click on Schedule Counseling. If you haven't already, you will need to sign up – use the company code **WECA**.