

Emotional wellbeing resources to keep you at your best

HealthJoy EAP offers expert guidance to help address and resolve everyday issues. Access support whenever, wherever is most convenient for you.



1-888-731-3327

In-the-moment support from a licensed clinician 24/7/365



Email

Send a question to support@mysupportportal.com



Ask the expert

Request information or resources based on topic or concern



Navigator

Emotional fitness assessment and care guidance



Short code

Text 'support' to 51230



Textcoach®

Personalized coaching on desktop or mobile



Animo

Digital behavioral health to improve your emotional fitness



Digital group support

Attend an anonymous group support session

Member User Experience



Contact the EAP using one of the above access points



Clinical assessment and in-the-moment support



EAP confirms availability and MHPA network alignment prior to making referral



EAP provides "smart" referral to counselor and offers to schedule the first session



EAP clinician follows up after the case to assess needs, measure satisfaction and H&P

If you are in immediate medical crisis, please call 911.



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eap.healthjoy.com
group code: powdr