

## Employee Assistance Program (EAP) Services

Changing Mindsets Behavioral Health offers confidential, professional telehealth counseling to support employee mental health and well-being. Services are led by Sheena Garrard, LPC – a licensed, experienced therapist specializing in grief, emotional stress, anger, and workplace burnout.

### Why Partner with Us?

- HIPAA-compliant telehealth sessions
- Flexible scheduling for working professionals
- Supportive, culturally aware therapy
- Reduces burnout, absenteeism, and staff turnover

### Services Offered:

- Short-term virtual counseling for employees
- Individual support for grief, stress, depression, or workplace conflict
- Consultation with HR and leadership on mental health wellness
- Emotional regulation and conflict resolution coaching

### Who We Serve:

We partner with small to mid-sized organizations seeking to offer emotional wellness support as part of their employee benefits.

### Interested in contracting EAP services?

Let's connect. We welcome new employer partnerships.

Visit: <https://changingmindsets-bh.clientsecure.me/contact-widget>

Email: [counseling@changingmindsets-bh.com](mailto:counseling@changingmindsets-bh.com)

Phone: 870-539-9583

All services are delivered with warmth, respect, and professional care.