



OKLAHOMA
Mental Health &
Substance Abuse

Hope is just around the corner.

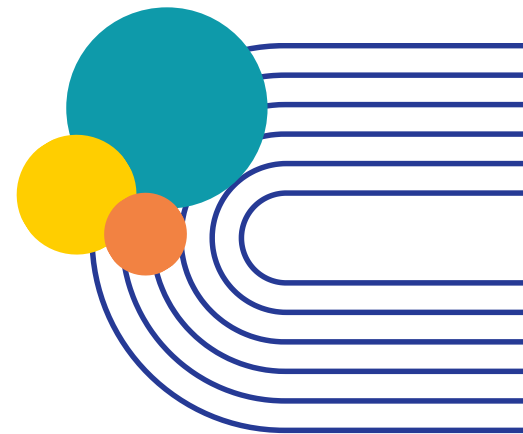
Sunbeam Employee Assistance Program

With EAP, employees and their eligible dependents can access Sunbeam's experienced mental-health professionals when they need them most. Whether it's navigating life's transitions or building skills to cope with challenges, we want to help them start their mental health journey.

We are here for your employees!

Offering EAP as a benefit is an investment in your employees! Sunbeam's compassionate mental-health professionals will walk alongside them as they build the skills and confidence needed to address some of life's toughest challenges including:

- Emotional stress
- Family and parenting challenges
- Resilience after traumatic events
- Effective work-life balance
- Enhancing your relationships
- Navigating major life transitions
- Developing skills to improve job performance
- Grief and loss



Ready to get
started?



It's Private and Confidential

Once your company enrolls, employees can access six face-to-face or telehealth sessions with a therapist each year at no cost to the employee. Their information is confidential and will not be shared.

Questions? Call us! (405) 528-7721



United Way
of Central Oklahoma
Community Partner

Employee Assistance Program


Building a Brighter Workplace

For over a decade, Sunbeam has provided supportive EAP services to Oklahoma employers and their employees. Sunbeam's affordable EAP helps employees overcome personal and work-related challenges, by providing high-quality, solution-focused counseling services. Additionally, Sunbeam offers management consultation and employee trainings on a variety of EAP subjects, such as Stress Management, Resilience, and Relational Matters which can not only help overcome workplace challenges, but may prevent them altogether!

Areas of Expertise

Sunbeam's clinical team includes licensed and license-eligible clinicians with a combined experience of over 5 decades. The clinical staff works with ages 5 and up providing individual, family and couples services with certifications and training in treating trauma, family systems, depression, anxiety, stress, suicide prevention, and much more, Sunbeam's staff provides support to the community through compassionate, culturally responsive, and hope-centered mental health support for a variety of topics including:

- Abuse-emotional, physical, sexual
- Addictions, alcohol and substance abuse
- Anger management
- Anxiety
- Children's issues related to school or home behaviors
- Chronic Illness
- Conflict management
- Crime victimization
- Depression
- Domestic violence
- Emotional stress
- Elder care
- Family and blended family relationships
- Family/parenting challenges
- Grief or loss
- Interpersonal relationships
- Job performance
- Life events and transitions
- LGBTQ issues
- Natural disasters
- Obsessive-Compulsive Disorder
- Personal strengths development
- Resilience training
- Self-esteem
- Stress management
- Suicide prevention and intervention
- Trauma
- Unhealthy behaviors
- Work-life balance



Life can be full of unexpected surprises and challenges. At times, these events can pose a barrier to living to our full potential both personally and professionally. Your investment in Sunbeam's Employee Assistance Program (EAP) can help your employees receive the compassionate support they need when they need it.