

Online Resources available at SentaraEAP.com



Sign in today to access—

- A more user-friendly, mobile-responsive experience
- More than 80 on-demand online courses
- FAQs about the services and products offered by Sentara EAP
- General information on a wide variety of behavioral health topics
- Personal and professional development and behavioral health articles created by the Sentara EAP clinical staff.
- An expansive library of articles, videos, and thousands of other resources
- Self-assessment tools to assess symptoms (i.e., depression, anger, substance use, etc.)

Your organization's

