



# Personal Assistance Services

## How to access your Employee Assistance Program

PAS is a prepaid wellbeing benefit offered by your employer for you and your eligible dependents. All services are confidential, HIPAA compliant, and easily accessible. PAS is a Life Event company, providing resources for you and your family through all the stages of your life.

- Short-term, solution-focused counseling; in-person or televideo. Also available through our partnership with Betterhelp
- Coaching and consulting services for wellbeing and life transitions
- Digital engagement, wellbeing apps, personalized benefit portal
- Online resources, articles, assessments, self-help videos

### We are easy to reach and offer a variety of access options



Call **PAS 24/7** for access to a counselor at [\*\*\(800\) 356-0845\*\*](tel:8003560845)



Email [\*\*client.services@paseap.com\*\*](mailto:client.services@paseap.com) for a response in one business day



Live Chat:  
[\*\*www.paseap.com\*\*](http://www.paseap.com)  
M-F 9am - 5pm CT  
Button on bottom right of screen



Text **314-451-5727** to connect with a PAS counselor  
M-F 9am - 5pm CT



With your personal account on [\*\*mypaseap.com\*\*](http://mypaseap.com), you can schedule a 30-minute online, non-urgent, initial consultation with a PAS counselor. Click the **Connect with PAS** link or the **Schedule Online** icon on the Quick Connect dashboard.



Scan the QR code to download the **myPASapp**. Use the same email and password you used on [\*\*mypaseap.com\*\*](http://mypaseap.com) or to create an account, enter your **Org Code WWT** and then your email and a password.