



# CROSSWINDS

## Corporate Wellness Program

Uniquely Different. Uniquely Better.

### WHAT'S THE DIFFERENCE?

An Employee Assistance Program (EAP) vs. Our Corporate Wellness Program (CWP)

**Traditional EAPs** were adopted by employers as a way to offer mental health services to their employees. Unfortunately, there are some significant weaknesses to these plans:

- Resources were expended, but not used (“use it or lose it”)
- Services were offered only at a counseling office
- Unclear and complicated process to begin services
- Employees were put on a waiting list for counseling services

**Do you have an EAP? If so, how effective is it?**

- Is there a number to call to *immediately* set up your appointment?
- Do you lose the money spent whether it is used or not?
- Can you receive services after work hours?
- Does the service come to you?
- Can you speak to your counselor/coach over your phone or computer?
- Can you contact a call center 24 hours a day to get answers?

If you answer “no” to any of these questions, your organization would benefit from Crosswinds’ Corporate Wellness Program.

**At Crosswinds, we specialize in making our services accessible *and* convenient.**

- You can call us 24 hours a day.
- Our counselors will come to your home.
- Our counselors will meet with you by phone or online.
- Our counselors will meet with you anonymously via text-to-counsel.
- Our counselors will meet with you at one of our 18 office locations.

**Crosswinds knows that your employees’ personal struggles can hinder their effectiveness. Our CWP can help with:**

- marital concerns
- drug or alcohol abuse
- anxiety
- stress
- adoption issues
- grief
- trauma
- other concerns that interfere with work or overall well-being

We strive to deal with the family as a whole whenever possible because we know the chances of success are much greater when we work as a team.

Anxiety disorders are the most  
**common**  
mental illness in the U.S., affecting  
**40 million**  
**adults**

31

Average on-set  
age of anxiety in  
adults.

11

Average on-set  
age of anxiety in  
children.



Only **1/3** of those  
suffering from  
anxiety **receive**  
**treatment.**

56%

of people with  
anxiety say it  
interferes with  
their

**WORK PERFORMANCE**

## COMMON ANXIETY SYMPTOMS



overwhelming fear



shortness of breath  
heart palpitations  
chest pain



Tingling or numbness  
in the fingers, face or  
toes



Nausea  
stomach aches



Headaches on a  
regular basis

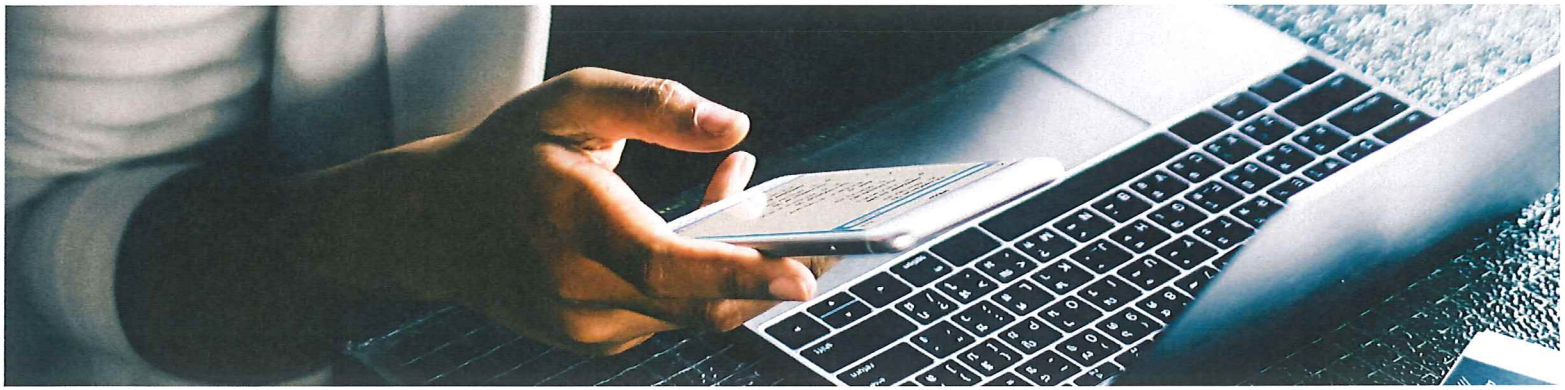


Trouble sleeping



**Women**  
are **60%**  
more likely than  
men to develop  
**ANXIETY**





# ONLINE & TEXT COUNSELING

Get help when and where you need it.

## WHAT IS ONLINE COUNSELING AND COACHING?

This Crosswinds service is a convenient, trusted way to engage in services that fit into your schedule and don't require travel. Online sessions are the same as in-person sessions, just via a video call.

## HOW DOES IT WORK?

Crosswinds online counseling and coaching is easy. Simply call 877.594.9204 or email [info@crosswinds.org](mailto:info@crosswinds.org), and our intake team will schedule you with a therapist or coach. Once your appointment is scheduled at a time that is convenient for you, you begin counseling or coaching and, in turn, taking steps toward a better future.

## WHAT ARE THE BENEFITS?

- **Convenient**  
No waiting rooms, no travel — just counseling or coaching from wherever you are.
- **Effective**  
Studies show online therapy or coaching is just as effective as traditional in-office services.
- **Cost Effective**  
Since no travel is required, you save on gas, childcare, and time.
- **Private**  
Online sessions are confidential and over a secure network.

## WHAT CAN CROSSWINDS HELP WITH?

Our Crosswinds counselors and coaches help with many issues; some of the most common are stress, anxiety, strengthening relationships, trauma, abuse, grief, anger, addiction, self-esteem, and depression.

## TEXT COUNSELING

### What is it?

Text counseling allows you to receive counseling and coaching services via a texting platform through a computer or an app on a mobile device.

### Who can benefit?

Text counseling is a great option for those struggling with hardships affecting their daily life.\*

### What are the benefits?

You can send unlimited messages to your therapist and they will respond up to twice a day, five days a week, which allows for more detailed dialogue with your counselor.

### How do I get started?

Text the word TEXT to 260.238.8939 to learn more and begin the sign-up process.

### What does it cost?

Pricing is \$39/week, billed monthly.

\*You must be at least 18 years of age to use this service.