

How to Contact EAP

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When you need someone to talk to, Mutual of Omaha's Employee Assistance Program is there to help provide resources to assist with personal and job-related issues.

Two Ways to Request EAP Services



1. The EAP team is available by phone 24 hours a day, seven days a week. Call today at 800-316-2796.



2. Online Service Request Form
 - a. Go to the EAP website – mutualofomaha.com/eap
 - b. Click on the Request Services button located near the phone number
 - c. Provide your company name, demographic information and the reason for seeking assistance
 - d. Click submit



For over 25 years, Mutual of Omaha's in-house EAP has been staffed by licensed, master's level counselors. Our exclusive provider network and personalized provider matching allow us to quickly get you the help you need.



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