

US Dedicated EAP Services



Joanna Smith, LCSW

Joanna is a Licensed Clinical Social Worker with over 15 years of clinical experience. She utilizes a solution-focused, collaborative approach to help individuals address personal, family, and professional issues including relationship concerns, stress management, and work/life issues.

Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Joanna is available to provide virtual support for US PayPal employees except those in California.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:

Call or [click here](#) to schedule your confidential session



Available: Tues 7:30-3; Wed 1:30-5:30; Thurs 11-6 AZ/MST

Location: Virtual support

Consultant: Joanna Smith, LCSW

Phone: 952.246.3984

Email: Joanna_Smith@optum.com



US Dedicated EAP Services



Julie Raia

Julie is a Marriage and Family Therapist and Certified Alcohol/Drug Counselor. She has been in the mental health field for 20 years working with families, youth, and adults.

Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Julie is available to do virtual support or onsite (with advance notice) in San Jose, California.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:

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Available: Tues 9:00 - 2:00; Wed 9:00 – 2:00 PST

Location: San Jose, CA and virtual support

Consultant: Julie Raia, MA, LMFT

Phone: 612-428-6818

Email: julie_raia@optum.com



IRL Dedicated EAP Services

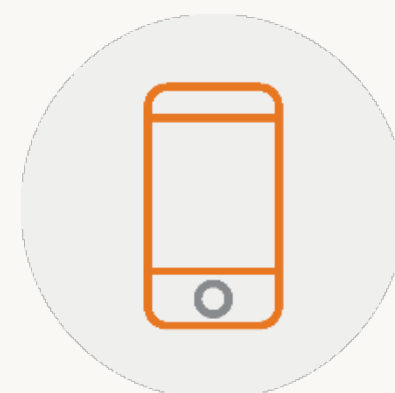


Anna Sanchez

Anna has a BA in Counselling and Psychotherapy, MSc; Addiction Counselling & Psychotherapy, Wellness Coach Diploma, EMDR Diploma and a CBT Diploma. As well as working for Optum, Anna has her own private practice and is an EAP Counsellor & Case Manager. Her expertise includes addiction, trauma, depression, anxiety, personal development, self-esteem and relationship therapy.

Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Anna is available to provide virtual support for IRL PayPal employees.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:

Call or [click here](#) to schedule your confidential session



Scan the QR code to register and book a consultation with Anna



PHL Dedicated EAP Services



Jessica Espanto

Jessica is an experienced behavioural consultant and a registered counsellor, available for virtual consultations for PayPal employees across Philippines. She is fluent in English and Tagalog. She earned her Masters of Arts in Counselling Psychology and holds certification in the administration of Autism Diagnostic Observation schedule – second edition. Jessica aims to empower clients toward their social, emotional and mental well-being. She provides counselling to adults, adolescents, couples and families from all walks of life. Jessica’s therapeutic approach is person-center and integrative.

Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Anna is available to provide virtual support for PHL PayPal employees.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:
Call or [click here](#) to schedule your confidential session



Scan the QR code to register and book a consultation with Jessica



PHL Dedicated EAP Services



Dr. Rey Canlas

Dr Rey is an experienced behavioural consultant and a licensed registered counsellor. He is available for virtual as well as in-person consultations for PayPal employees across Philippines. He is fluent in English and Tagalog.

He earned his Masters' degree in Industrial organizational psychology and hold a PhD. Dr Rey helps people cope with stress and anxiety, at work or competitive settings, through stress management and psychological skills training.

He provides counselling to adults, adolescents, couples and families from all walks of life. Dr Rey's therapeutic approach is person –centered and integrative.

Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Anna is available to provide virtual support for PHL PayPal employees.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:
Call or [click here](#) to schedule your confidential session



Scan the QR code to register and book a consultation with Dr. Canlas

