

Employee Assistance Program (EAP) & Behavioral Wellness Benefits - Problem-Solving at Your Fingertips

With today's to-do lists, it seems more difficult than ever to juggle the demands of work and family while managing a household, caring for loved ones and maintaining good health. Who has time to get everything done and deal with personal problems when they come up? **Now you do!**

Your EAP and Behavioral Health benefits will help you save time and reduce stress by finding the services, referrals and support you need to improve life at home and at work. One toll-free phone call to 800-980-6896 is all it takes to reach an experienced professional who connects you with the services you want.

One Resource, Many Services

You'll find the information, resources and referrals you need all in one place.

- Mental Health and Substance Abuse — confidential support and treatment for mental health and substance abuse concerns such as emotional problems or alcohol or drug dependency. This benefit provides all levels of care, including inpatient, residential, and outpatient treatment; acute rehab; counseling; and family, marital, and group therapy. Follow-up services help to ensure a successful recovery.
- Adult/Elder Support Services — resources for people caring for adult and elder dependents, including care giving and housing options, chronic illness support, transportation and meal services, and senior activity groups.
- Child/Parenting Support Services — extensive services for families and children up to age 18, such as information and answers to all kinds of parenting questions, plus resources for daycare, summer camps, adoption, sick-child care, and more.
- Legal Assistance — advice for landlord/tenant issues, personal injury, bankruptcy and other concerns. Family mediation services are also available.
- Financial Services — consultations with credentialed financial counselors on debt management, taxes, investing and other related topics.
- Life Learning — educational resources for all ages and abilities, including help with locating and evaluating schools, finding classes for special-needs children, and arranging tutoring services.
- Expert Assessment and Counseling — professional counselors are available to provide an objective viewpoint and expert guidance on all kinds of issues such as anxiety about credit card debt; stress about a teenage child's poor school performance or tension with a partner. The list is limitless. You can have on-the-spot advice over the phone or a referral to work with a counselor face-to-face.
- Chronic Condition Support — valuable information and support services for employees and dependents who have a chronic condition like diabetes, arthritis, or asthma.
- Liveandworkwell.com — health information, local resource listings, financial calculators, interactive quizzes and tools, smoking cessation support, drug interaction checkers, health quizzes and calculators, benefit information and much more.