

Employee Assistance Program

- ▶ Confidential & short-term counseling from Licensed Professional Counselors
- ▶ Use for full range of personal issues and achieving a healthy work/life balance
- ▶ **If in a crisis, emergency help is available 24/7 - Call 1-888-293-6948**
- ▶ If you are not in a crisis situation you can go online as well as call

Employee Assistance

- ▶ Stress, anxiety, depression
- ▶ Relationship, family, parenting issues
- ▶ Substance abuse
- ▶ Anger, grief, loss
- ▶ Life transitions
- ▶ Referrals for additional treatment

Work/Life Assistance

- ▶ Child care research
- ▶ Elder care resources
- ▶ Financial or legal issues
- ▶ Relocation support

