

## EMPLOYEE ASSISTANCE PROGRAM

# THE VALUE OF YOUR EMPLOYEE ASSISTANCE PROGRAM

**EAP offers professional coaching, counseling, and a wealth of information and resources on the whole spectrum of personal, family, and work issues.**

We all face problems and challenges that can affect the quality of our lives at home or at work. Often, we can handle these issues ourselves, or with the help of family and friends, but sometimes it makes sense to reach out for professional help. EAP is a free, voluntary, and confidential program available to you and your eligible dependents. EAP provides assessment, short-term counseling, and referrals designed to promote your health and wellbeing. EAP is accessible 24 hours a day, seven days a week.

Maintaining confidentiality is one of the most important aspects of EAP. No one will know you've contacted the program, and EAP cannot release any information without your written consent. State and federal laws, however, mandate that in cases of child abuse, elder abuse, court order, or when a person may be a threat to himself/herself or others, the counselor must notify the proper authorities.

In addition to face-to-face and video conference counseling sessions, EAP offers work-life resources to help members find practical solutions for infant and child care needs, adoption, senior care, retirement planning, legal and financial issues, education and career development, and more. EAP representatives provide guidance and personal assistance every step of the way. Members can also access the online work-life portal at any time for educational articles, webinars, podcasts, screening tools, and the LifeMart® Discount Center for a variety of products and services.

Now that a new year has begun, perhaps it's time to tackle an issue or concern that has impacted your health or happiness. Possibly you'd like to get your finances in order, learn to eat healthy, manage stress better, or improve your family relationships. No problem is too big or too small. Contact EAP today and get started to make 2019 your best year yet.

