

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

RETIREMENT SERVICES

With so many things to think about for retirement, you may need to speak with someone who can help you plan and get organized for retirement. The Employee Assistance Program (EAP) can help you prepare and plan, and offers tools and resources that may be useful when preparing for your retirement. EAP also offers telephonic coaching sessions, and face-to-face counseling sessions for emotional health concerns you may have while preparing for retirement.

Retirement planning doesn't have to be overwhelming and time consuming. EAP offers you many different resources for your specific needs, wherever you might be in life. It is never too early to start planning for retirement. Some EAP resources made available to you include:

Financial Consultations

Do you have a question about how to manage your finances or are you not sure how much you'll need after retirement? Through EAP, you have the opportunity to speak with a financial consultant who can answer many of the questions you might have. You can also log onto the member website and access a variety of tools and resources including financial calculators, budget planning worksheets, and more.

Lifestyle Consultations

As you or your loved ones approach retirement, you may have daily living questions such as:

- What community resources are available to me and my family?
- Is it time to look at a new living arrangement?
- Are there volunteer opportunities in my area that are available?

You can access helpful lifestyle resources, guides, and community resources online through the member website. You can also call and speak with a licensed professional to learn more about the different resources available in your area.

Emotional Health Concerns

As retirement nears, many struggle with the emotional challenges that occur during the retirement process. You have access to licensed professionals for face-to-face counseling services or you can speak to someone over the phone. Help is available for many emotional concerns such as:

- Effects of retirement on family relationships.
- Transition from full-time work schedules to a retirement schedule.
- Transitioning into retirement age.
- Feelings of depression, sadness, and loss of interest in daily activities.

