

Employee Assistance Program

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. The Employee Assistance Program (EAP) offers assistance and support for all these concerns and more:

- Depression
- Relationship difficulties
- Financial and legal advice
- Parenting and family problems
- Child and elder care support
- Dealing with domestic violence
- Substance abuse and recovery
- Eating disorders

From short-term counseling services and referrals to more extended care, your EAP and behavioral health benefit offer just what you need. To find out more, visit www.liveandworkwell.com or call 1-800-586-6875.

