



# Struggling with a personal problem, concern or emotional crisis?

**Balancing the needs of work, family and personal responsibilities isn't always easy.**

The Health Advocate EAP+Work/Life program gives you access to a Licensed Professional Counselor and Work/Life Specialist for help with personal, family, and work problems. All it takes is one phone call, available 24/7, at no cost to you.



**866.799.2728**

Visit us online at:  
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# We can help

## ✓ Employee Assistance

Your Employee Assistance Program (EAP) gives you confidential access to a Licensed Professional Counselor who will provide short-term assistance with issues that are having an impact on your life and ability to focus on work.

Your Licensed Professional Counselor can help address:

- Anger, grief, loss, depression
- Job stress, burnout, work conflicts
- Marital relationships, family/parenting issues
- Addiction, eating disorders, mental illness
- And more!

You may be referred to the appropriate professional for in-depth, long-term help.

## ✓ Work and Life Balance

You can also reach out to a Work/Life Specialist for help with managing your time and locating resources for better balancing work and life.

Your Work/Life Specialist can help with:

- Childcare centers, babysitter tips, preschools
- Assisted living, nursing homes, adult day care services
- Personal/family/elder law, identity theft
- Debt management, budgeting, credit issues

### How does it work?

Simply call and the right professional will help you address your problem, assess the type of help you need, and either provide the required help or make the most appropriate, cost-effective referral for you.

### When is it available?

The program is available 24/7.

### Who can use it?

The EAP+Work/Life program is available to you, your spouse, dependent children, parents and parents-in-law.

**For added support, log on to the EAP+Work/Life member website for information and to sign up for monthly webinars.**



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