

10 ways the EAP can help

There are many ways to get help today - all completely confidential. Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. Let us help with stress, anxiety, parenting advice, family needs and much more.



Caring professionals can help you to:

- 1 Address short-term problems and concerns for depression, anxiety, anger, relationships, and family matters. Effectively cope and manage any issues or symptoms causing you stress.
- 2 Recognize and target risky behaviors related to drinking or drug use, gambling and/or other addictions.
- 3 Sort through complex decisions that may have long-term consequences for you, your family, or others (e.g., divorce, retirement, or life change).
- 4 Make positive and lasting lifestyle changes with online tools, articles, videos, and self-assessments.
- 5 Access grief support and learn coping strategies to help you deal with the loss of a loved one.
- 6 Find an attorney to assist matters such as separation/divorce, custody, child support, and estate planning.
- 7 Better manage your finances by referring you for assistance with budgeting, savings, or debt management.
- 8 Build a greater capacity to identify and remove barriers to personal growth and change.
- 9 Access resources to help manage and improve relationships with spouses, partners, or other significant people.
- 10 Find eldercare resources such as nursing/retirement homes and meal delivery services.

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