



Peace of Mind - Available 24/7 Through Your EAP

Call your EAP today for confidential around-the-clock assistance for all of life's challenges. Our qualified professionals are here to help.

| Work | Family | Personal | Financial | Legal |
|-------------------------------|--|---|----------------------------------|-------------------------------------|
| Change management | Parenting/ divorce and parenting | Stress/tension | Couples/marriage and money | Separation and divorce |
| Time management | College planning | Grief and loss | Budgeting | Estate law |
| Dealing with difficult people | Blended and step families | Depression, anxiety | Buying or selling a home | Advance directives and living wills |
| Effective communication | Military families | Substance abuse and recovery | Retirement planning | Adoption |
| Job stress and burnout | Domestic violence | Relocation and moving | Bankruptcy and credit | Child and spousal support issues |
| Career development | Referrals for child, adult and elder care services | Health and wellness/ coping with a chronic illness | Saving and investing for college | Free online simple will creation |
| Workplace violence | Balancing work and home life | Daily living referrals i.e. pet sitters, travel planning, repairs | Estate planning | Foreclosure |



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