

## Employee Assistance Program (EAP)

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- Conflict resolution at home or on the job
- Adjusting to life events such as divorce or the birth of a child
- Finding work/life balance
- Building fulfilling relationships
- Living healthier
- Achieving professional goals
- Grief and loss
- Estate planning
- Parenting skills
- Learning to be more assertive
- Recovering from adversity
- Improving your self-esteem
- Feelings of loneliness

## Making life a little easier

When life's challenges come your way, let us help. We provide confidential information, guidance and support to help you reach your personal and professional goals, manage your busy schedule and bounce back from hardships. You and your household members can call any time, 24 hours a day, seven days a week.

Our counselors are licensed, highly trained professionals who are committed to making your life easier. The service is confidential and available at no charge to you.

### How we help

What do you want to achieve? Receive support with:

- Marriage and relationship issues
- Stress management
- Financial planning, for example, family budgeting, debt consolidation and saving for retirement
- Depression and anxiety
- Living with someone who misuses drugs or alcohol
- Personal goals such as weight loss and quitting smoking
- Finding care for an aging parent
- Legal concerns

### Online information and resources

Locate service providers in your area and receive access to thousands of articles, videos, audio files, and quizzes to help make your life easier.

Site topics include:

- Marriage
- Divorce
- Depression
- Stress
- Managing emotions
- Substance Use Disorder treatment and recovery
- Parenting
- Working with others
- Debt and credit
- Financial planning