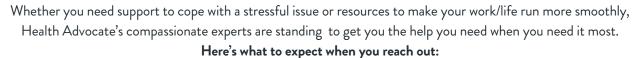
Getting Help Is Easy! Here's What to Expect





When You Need Counseling Support

- An EAP Professional will begin a brief intake process:
 - Confirm your contact information
 - Review the confidentiality guidelines and your EAP+Work/Life benefits
- Assess for safety concerns, such as your risk of harm to yourself or others, domestic violence, abuse, drug or alcohol issues
- Gather information about your reason for requesting counseling such as:
 - Stress, anxiety, depression
 - Family, relationship, and parenting issues
 - Financial and job pressures
 - · Grief, loss and anger
 - Substance abuse
- Determine what type of counseling may work best for you (individual, family or couples)* and what counseling options are available
- Connect you to the right professional to begin counseling sessions*

If you need a higher level of care than outpatient counseling, we will help you explore options.

When You Need Work/Life Resources

- An EAP Work/Life specialist will gather information about your need for childcare, summer camps, after-school care, eldercare, special needs, legal or financial resources, relocation support and more
- Find local resources that meet your needs and check for availability
- Connect you to a legal or financial specialist for a telephone consultation, if needed

Helping you no matter what

We're here for you for any issue, start to finish, every time to make your life happier, healthier, and easier. Our whole-person support extends to caring for the whole family. This means you, your spouse, dependent children, parents and parents-in-law can all use the Health Advocate services.

In a crisis, help is available 24/7.





