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The challenges you face each day can overwhelm you. Your home life, your happiness and your performance at work all can suffer.

We can help. Your Employee Assistance Program (EAP) and WorkLife Services Bene t provides con dential support for those everyday challenges, and for more serious problems. It's available around the clock anytime you need it.

### What Can My EAP and WorkLife Services Bene t Do For Me?

You may be struggling with stress at work, seeking nancial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your bene t offers assistance and support for all these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Relationship problems
- Workplace con icts
- Parenting and family issues
- Living with chronic conditions
- Child and elder care

(See back for details.)

Call toll-free

or log on to  
[www.liveandworkwell.com](http://www.liveandworkwell.com)

We're here to help you and your family with a wide range of personal and work-related needs.



# Your EAP and WorkLife Services Benefit

## Get The Most Out Of Life

### How Does It Work?

Accessing your EAP and WorkLife Services Benefit is easy and available 24 hours a day. Simply call the toll-free number on this flyer. A specialist will help you identify the nature of your problem and the appropriate resources to address it. If you need financial or legal services, we will refer you to an expert in that field. If you want to see a clinician, we'll match you with one in our network who has the appropriate experience to help.