

STAFFED BY PROFESSIONALS

EAP services are staffed by a team of highly trained and qualified professionals who are experts in fields such as counseling, well-being, family matters, relationships, debt management, consumer rights, and much more. You can be confident that the information you receive is accurate, up-to-date, and relevant to your particular circumstances.

TOLL-FREE: (800) 969-6162

TTD/TTY: 866-228-2809

WEBSITE: WWW.HELPNETEAP.COM

USERNAME:

PASSWORD: Employee



EMPLOYEE ASSISTANCE PROGRAM

Achieving balance through total well-being and support

HelpNet



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

COUNSELING (1-5 SESSIONS)

- Substance Abuse
- Anxiety/Depression
- Relationships

CHILD CARE

- Summer/Holiday Care
- Special Needs Child Care
- Community Resources

ADULT CARE

- Care for Older Adults
- Special Needs Adult Care
- Medicare and Medicaid
- Caregiver Support

PARENTING

- Adoption
- Pregnancy and Infertility
- Talking to Teenagers

EDUCATION

- K-12
- Colleges and Universities
- Financing
- GED/Vocational
- Tutors and Test Prep

DAILY LIVING

- Travel and Recreation
- Dining and Entertainment
- Consumer Issues
- Pet Care
- Community Resources
- Legal and Financial Issues
- Health and Wellness

CAREER

- Skill Building and Career Training
- Stress Management
- Co-Worker Relationships

Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to assistance provided by your employee assistance program. When you call the toll-free number, a qualified Consultant will respond to your request thoroughly and promptly. And when you log on to the Employee Assistance Website, you'll find an abundance of useful resources, articles, links and interactive tools.

SERVICE OVERVIEW

- Counseling services available for issues such as anxiety and relationships
- Provides professional consultation and referral to assist with a wide spectrum of work, family, and personal issues
- Accessed by phone or website
- Always confidential
- No cost to you or your family to use the service.
- 1-5 sessions per issue per year

SPECIAL FEATURES AND BENEFITS

In addition to the counseling services the following special features are available for you:

- **Online Seminars Each Month**
- **Savings Center**, where you can shop name-brands at discounts of up to 25%
- **Financial and Daily Living Calculators**, for a variety of practical applications
- **LifeLines**, a quarterly newsletter with information on topics for your daily life

ACCESS IS EASY

No matter when, no matter where, you and your family have access to professional support. Call or log on to get started.

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The service is a free benefit from your employer.

