

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Helping You Find Your Healthy!

LifeWork Strategies Employee Assistance Program (EAP) is a **FREE** service, available to help you and your family find practical solutions for real-life circumstances.



Counseling

- **Five (5)** sessions per issue, per year
- Individual, couples, and family
- Face-to-face and virtual support
- Assessment and referral
- Solution-focused counseling
- Masters-level counselors



Legal

- Phone consultation on most legal issues
- Referrals to local attorneys as needed
- Free 30-minute consultation with a local attorney
 - Discounted rate if continued services are needed



Child Care & Parent Coaching

- Unlimited phone support
- Resources for expecting and new parents
- Child care provider search
- Consult with a parent coaching specialist
- Guidance on parenting challenges and positive parenting strategies



Daily Living

- Community and recreational resources
- Explore pet care options
- Discover local dining and entertainment



Wellness Coaching

- Phone consult with a certified health professional
- Identify personal wellness goals
- Develop an action plan



Elder & Dependent Care

- Consultation for caregivers
- Tips for communication
- Resources and referrals to providers



LifeWork Hub*

- LiveCONNECT chat feature with active translation
- Downloadable articles and tip sheets
- Search provider databases
- Financial and daily living calculators



Financial

- Phone consultation for a range of issues
- Guidance on financial strategies
- Resources and tip sheets
- Free 30-minute consultation with a financial advisor
 - Discounted rate if continued services are needed

**Confidential with 24/7
Access at 1-877-252-8550.**

** To access the LifeWork Hub, visit lws.helpwhereyouare.com, and enter dedicated username and password*

Username:
humaneworlddeap
Password: *employee*

