

EAP+Work/Life



Get Started Guide

Your Lifeline for

- Licensed Professional Counselors
- Work/Life Resources

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A HealthAdvocate Company

EAP+Work/Life

Assistance and resources for real support

Employee Assistance Program (EAP)

Talk to a Licensed Professional Counselor to learn coping skills for temporary setbacks. You may be referred to the appropriate professional for in-depth, long-term help. Your counselor can address:

- Stress, depression, anxiety
- Marital relationships, family/parenting issues
- Work conflicts
- Anger, grief and loss
- Drug and alcohol abuse

Work/Life

Our Work/Life specialists find supportive services, check availability and make the referrals to help with:

- Eldercare, childcare
- Legal concerns
- Financial issues
- Time management
- Parenting; adoption

...and more

What is EAP and Work/Life?

The EAP and Work/Life program is designed to help you lead a happier and more productive life at home and at work. All of us have experienced some type of personal problem, concern or emotional crisis at one time or another. Balancing the needs of work, family and personal responsibilities isn't always easy. Our program offers the right support at the right time.

When is it available?

The program is available 24/7.

What does it do?

The EAP and Work/Life program provides a Licensed Professional Counselor to listen and 1) help define the problem clearly, 2) assess the type of help needed, and 3) either provide the required help or make the most appropriate, cost-effective referral for you.

How does it work?

Simply pick up the phone and dial **800.232.2666** (toll-free) and talk to a Counselor or visit online at **beacon.HealthAdvocate.com** to access EAP and Work/Life services.

Who can use it?

The EAP and Work/Life program is available to you, your spouse and eligible dependents.

In a crisis, emergency help is available 24/7.

Just Call 800.232.2666



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Help is
Only a
Phone Call
Away

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Beacon EAP+Work/Life

- Relationship issues
- Emotional problems
- Family/Parenting
- Childcare
- Eldercare
- Financial

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Store Us!



Key our number into
your cell phone and
contact lists

800.232.2666

(toll-free)

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