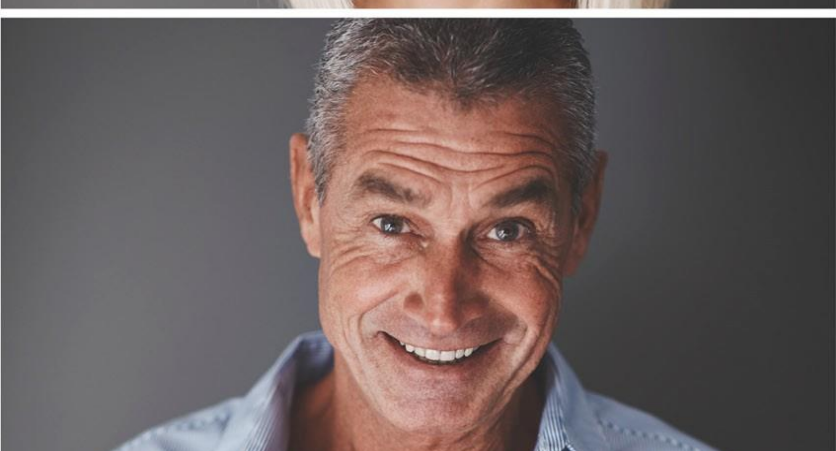
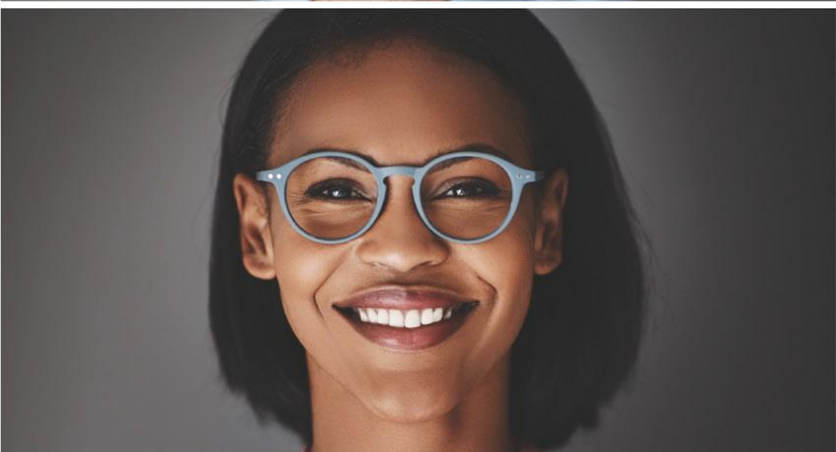


## LIFE ADVISOR EAP®

The Life Advisor EAP is part of your benefit package and offers total well-being services to you, your spouse or live-in partner, dependent children up to age 27. This is a free and totally confidential service. Call today!

No cost and completely confidential



### Counseling

Counseling is available in-person or telephonically with a counselor close to work, home or school. Individual, family and couples counseling are all included. Short-term, solution focused support for work-life issues such as stress, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions.



### Coaching

Life Advisor Coaches offer telephonic or video support for individual life enhancement goals, such as education, career advancement, financial or self improvement goals.



### Crisis Support

Mental health professionals are available by phone 24/7/365.



### Referrals

Consultants provide recommendations for resources within the community.



### Work/Life Materials

Information on a wide range of work-life balance topics are easily accessed through the EAP portal in the form of webinars, videos and PDFs.



### Legal & Financial Consultations

Ulliance professionals can connect employees with resources to assist individuals regarding legal and financial issues.

