

Employee Assistance Program

What is it?

Work/Life Services

- Work/Life Specialists can help you navigate resources or give access to self-guided webinars and databases on the following issues:
 - Child Care Research
 - Elder Care Resources
 - Financial or Legal Issues
 - Relocation Support

Employee Assistance Program (EAP)

- The EAP offers confidential, short-term counseling from licensed professional counselors for a range of personal issues, help achieving work/life balance, or 24/7 emergency help in a crisis
 - Stress, anxiety or depression
 - Relationship and family issues
 - Substance abuse
 - Anger, loss and grief
 - Life transitions
 - Referrals for any additional treatment

Mental Health Resources

The following provide access to free or discounted mental health resources:

Unum EAP – Unlimited online/phone support and 3 in-person visits with a licensed professional counselor at no cost

Unum.com/lifebalance

1.800.854.1446

Sydney App – Visit *anthem.com* and/or download the **Sydney Health** mobile app

Live Health Online – Discounted programs are available on *startlivehealthonline.com*