

YOUR EMPLOYEE ASSISTANCE PROGRAM

SUPPORT & SOLUTIONS FOR EVERYDAY LIFE

PROFESSIONAL CARE AND SUPPORT

Sometimes, a particular concern becomes too much to handle alone, and it begins to affect work, family and personal well-being. That's when some professional guidance can help. The EAP provides short-term counselling. Our licensed counsellors are ready to help with a wide range of personal issues, including:

- stress about work
- relationship difficulties
- parent /child conflicts
- depression
- substance abuse
- other emotional concerns

NO ISSUE TOO BIG OR SMALL

The EAP helps with all kinds of issues, large and small, that can affect your health and happiness, as well as your work and family life. Whether you'd benefit from a one-time consultation or ongoing support we're just a call away.

YOUR CONCERNS ARE YOUR BUSINESS

Your participation with the EAP is voluntary and confidential. No one will know you're involved, including your employer, unless you choose to tell them.

AND IT'S FREE

There is no cost to employees, household members or dependents for use of our EAP services.

EASE@WORK
An AllOne Health Company



WE'RE HERE WHEN YOU NEED US - GET STARTED

TODAY

Call our nationwide toll-free number: **1.800.521.3273** to speak confidentially with a counsellor who cares and is professionally trained to assist you. We're available 24 hours a day, seven days a week.

ADDITIONAL COMPONENTS OF THE EAP

- Medical Advocacy
- On-line Work/Life Web Resources
- Legal and Financial Services
- Video Counseling
- Life Coaching
- Wellness Coaching
- Work/Life Resource and Referral
- Personal Assist
- App with Chat (coming soon)

Toll-Free: 1-800-521-3273

Help is Available 24/7/365
