

# HealthAdvocate™ EAP+Work/Life

**Welcome!** Your EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Your counselor can also refer you for ongoing treatment, if needed.

For help balancing family and work responsibilities, our team of Work/Life Specialists will connect you to resources in your area for expert support.

**24/7 Support** **877.240.6863**  
HealthAdvocate.com/members

Health Advocate is a service provided at no cost to you by your employer or plan sponsor. Eligible employees, their spouses, dependent children, parents and parents-in-law can all take advantage of this valuable service.



## Turn to us for help with...

### Personal Issues

Our Licensed Professional Counselors can help with:



**Depression**, anxiety or stress



**Marital** or family/parenting issues



**Work** stress or conflicts



**Anger**, grief, loss or substance abuse

### Work/Life Support

Our Work/Life Specialists can assist with:



**Legal** or financial problems



**Childcare**, eldercare, adoption or parenting concerns



**Time** management issues or relocation support

### Visit HealthAdvocate.com/members:

You can view articles on a wide range of helpful topics, participate in online webinars and seminars.

...and much more!

