



# An Employee Assistance Program

A service for employees and eligible dependents

**CONFIDENTIAL  
PROFESSIONAL  
CONVENIENT  
AVAILABLE 24/7**

Up to 3 counseling visits available to you & your eligible dependents

**1-800-553-7798  
wellspringeap.org**

A service provided by



The Employee Assistance Program (EAP) provides consultation services and referral information nationwide. When you call us, you can talk with an experienced consultant about any of the following topics and more:

- Aging/Elder Care and Caregiving
- Alcohol & Drug Misuse
- Anxiety and Depression
- Career Path
- Child Care, Development & Parenting Support
- Communicating Effectively
- Divorce
- Domestic Violence Assessment
- Eating Disorders
- Gambling Issues
- Emotional Concerns
- Grief and Loss
- Relationships
- Stress Management
- Terminal Illness
- Troubled Teens
- Work-Related Issues

## Online Tools & Resources

### Live Chat or Request a Referral/Call Back

You'll find EAP benefit specific tools and information as well as access points for benefits like:

- Parenting Tools and Resources
- Legal Library
- Financial Tools
- Skill Builders
- Live and On-Demand Webinars
- Eldercare Tools and Resources
- EAP Publications
- Daily Living Tools

#### REVIEW BENEFITS

Learn about EAP, how it works and what's covered

#### LEARN SKILLS

Improve your well-being by learning life skills

#### FIND RESOURCES

Explore online tools and resources

#### ACCESS SERVICES

Call, live chat, request a call back or browse

# Work-Life Benefits

## Live Chat or Request a Referral/Call Back

Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to support through the Work-Life Resource and Referral program.

When you call the toll-free number, you will be assisted by a qualified Work-Life Consultant who will respond to your request thoroughly and promptly. And when you log on to the Work-Life Website, you'll find an abundance of useful resources, articles, links and interactive tools.

### SERVICES OVERVIEW

- Professional assistance for issues related to work, family, caregiving, daily living, health and well-being, and more
- Accessed by phone or internet
- Available 24 hours a day, 7 days a week
- Always confidential
- No cost to you or your family to use the service

### SPECIAL FEATURES AND BENEFITS

In addition to the support from our professional Work-Life Consultants and the rich library of online tools, you can enjoy additional attributes of the service including:

- LiveConnect, a feature that allows you to instant message a Work-Life Consultant
- On Demand Seminars and Skill Builders covering a variety of personal and professional topics
- Service Access

You can access the service any time, any day by calling the toll-free number or by logging on to the Work-Life Website and entering your username.

For support

1-800-553-7798

[wellspringeap.org](http://wellspringeap.org)



### CHILD CARE AND PARENTING

- Infant through School-Age Care & Back-Up Care
- Summer Camps
- Education and Tutoring
- Special Needs
- Parenting Resources
- Lactation Support
- Adoption Support

### OLDER ADULT CARE

- Senior Services
- Housing Options
- Caregiver Support
- Geriatric Specialists

### CAREER

- Work-Life Balance
- Transitions and Relocation
- Communication
- Manager Resources

### EDUCATION

- Public and Private Schools
- Higher Education & Continuing Education
- Financial Aid
- Tutoring Programs
- Special Needs

### HEALTH & WELL-BEING

- Diet, Exercise, Nutrition
- Managing Chronic Conditions
- Stress and Fatigue
- Community Resources

### DAILY LIVING

- Home Maintenance
- Pet Care
- Moving and Relocation
- Community Resources
- Convenience Services
- Consumer Information

### LEGAL/FINANCIAL

- Downloadable Legal Documents
- Articles, Tips and Links
- Consultations with a legal attorney or financial counselor