



## EMPLOYEE ASSISTANCE PROGRAM VOLUNTARY, CONFIDENTIAL AND FREE

We are interested in your total well-being. That is why we offer an Employee Assistance Program. This program provides a counseling service that helps you manage problems before they adversely affect your personal life, health and job performance.



[member.accolade.com](http://member.accolade.com)  
[www.signalap.com](http://www.signalap.com)



(833) 565-0549  
(800) 538-3543

### BENEFITS AT-A-GLANCE

This is a **free** and **confidential** service.

Life can be complicated. There are times when everyone needs a little help or advice. The confidential Employee Assistance Program (EAP) can help you with things like stress, anxiety, depression, chemical dependency, relationship issues, legal issues, parenting questions, financial counseling, daily living services, personal wellness and dependent care resources. If you'd like help handling life's demands, contact the EAP for extra support. Assistance is only a click or phone call away.

### PROGRAM DETAILS

You have **three face-to-face sessions** with a behavioral counselor available to **you –and your household members**. Call us to request a referral. You have **unlimited telephonic counseling** and access to online tools and resources.

### WHO IS ELIGIBLE?

All employees and their household members (spouses, partners, children, parents, etc.)

### TOOLS & RESOURCES

Resources are just a phone call away whenever you need them, at no extra cost to you. An advocate can help you assess your needs and develop a solution. He or she can also direct you to community resources and online tools. For help handling life's challenges go online for articles and resources on family, care giving, pet care, aging, grief, balancing, working smarter, and more.



Legal consultation and referrals – Receive a free 30-minute consultation with a network attorney. And up to a 25% discount on select fees.



Financial consultations – Receive a free 30-minute consultation and 25% discount on tax planning and preparation.



### ASSISTANCE IS AVAILABLE IN THE FOLLOWING AREAS:

Marital and Family Relationships  
Financial Counseling and Management  
Elder Care and Aging Concerns  
Health and Wellness Resources  
Alcohol and Substance Abuse  
Personal and Work Stress  
Anger Management

Grief and Loss Issues  
Depression  
Child Care  
Legal Services  
Domestic Violence  
Parenting  
*And many more!*

