

# 20 ways the EAP can help

There are many ways to get help today - all completely confidential. Your Employee Assistance Program (EAP) provides you with immediate and confidential help for any work, health or life concern. Let us help with stress, anxiety, parenting advice, family needs and much more.



## Caring professionals can help you to:

- 1 Assess your personal problems or concerns so that you can understand them more clearly.
- 2 Address short-term problems and concerns for depression, anxiety, anger, relationships, and family matters.
- 3 Effectively cope and manage any issues or symptoms causing you stress.
- 4 Recognize and target risky behaviors related to drinking or drug use, gambling and/or other addictions.
- 5 Access support to help you stay motivated and involved in self-help or recovery.
- 6 Sort through complex decisions that may have long-term consequences for you, your family, or others (e.g., divorce, retirement, or life change).
- 7 Make positive and lasting lifestyle changes with online tools, articles, videos, and self-assessments.
- 8 Help you decide what type of mental health professional will work best for you, based on your communication style and goals.
- 9 Build a greater capacity to identify and remove barriers to personal growth and change.
- 10 Access grief support and learn coping strategies to help you deal with the loss of a loved one.
- 11 Find an attorney to assist matters such as separation/divorce, custody, child support, and estate planning.

- 12 Better manage your finances by referring you for assistance with budgeting, savings, or debt management.
- 13 Locate childcare providers and arrange for back-up childcare in case your regular support system falls through.
- 14 Find referral resources and information for adoption and education (K-12 and college/trade schools).
- 15 Access resources to help manage and improve relationships with spouses, partners, or other significant people.
- 16 Find eldercare resources such as nursing/retirement homes and meal delivery services.
- 17 Learn positive communication skills to help improve communication and morale among your work team.
- 18 Learn how to work effectively with your employees and to improve their productivity.
- 19 Access crisis relief services following a critical incident involving death, injury, or post-traumatic stress.
- 20 (For supervisors) Learn effective ways to recommend EAP support, when employees' personal issues are interfering with performance.

Visit us online:

Call us, toll-free, 24/7:

User ID:

Password:

Get the "LifeWorks" app!

