

# Need Direction?

## We Can Help. 877.215.6614

### Confidential Counseling

We all experience personal and professional stress at some point in our lives. Workplace Solutions offers the support and guidance you need to effectively bounce back from life's challenges.

Our team of caring professionals will help you clarify the nature of your concern and present the best options available to meet your needs, including consultation, short-term counseling and/or referrals.

#### COMMON CONCERNS

- Family and Relationship Concerns
- Depression and Anxiety
- Emotional Health and Well-Being
- Personal Growth & Development
- Personal & Professional Stress
- Grief and Loss
- Substance Abuse
- Any Life Transition

#### 24/7/365 ACCESS

Counselors are available. 24/7 to speak with you confidentially.

### Work-Life Solutions

Gain direct access to free consultation, resources, and referrals related to work, family, health, and everyday living. Trying to find resources can be time consuming. We will help you locate the information and resources you need to let you make time for what matters most.

#### CHILD CARE & PARENTING

- School-Aged Care
- Day Care Centers & In-Home Providers
- Back-up Care
- Summer Camps
- Parenting Classes & Support Groups
- Adoption Resources
- Educational Resources

#### OLDER ADULT CARE

- Respite Care
- Senior Housing Options
- Adult Day Care Services
- Community Agencies

#### DAILY LIVING

- Home Maintenance
- Convenience Services
- Relocation Resources
- Pet Care Services
- Volunteer Opportunities

### Legal-Financial Solutions

#### LEGAL

More than 50% of those requiring legal assistance do not need to retain an attorney. Through the EAP, you have access to a free consultation (*up to 30 minutes*) with a qualified attorney.

If you decide to retain the attorney, they may discount their customary legal fees by up to 25%.

- Will Preparation
- Estate Planning
- Divorce/Custody Cases
- Real Estate Transactions
- Bankruptcy/Foreclosure
- Landlord-Tenant Issues

#### FINANCIAL

Access to free telephonic consultation with a financial counselor qualified to address a broad range of topics. Information, tools and calculators are also available on our website.

- Financial/Debt Management
- Long-Term Goal Setting
- Identity Theft Protection
- Financial Planning Resources
- Credit Report Review
- Home Buying
- Retirement Planning
- Saving for College

# Practical Solutions for Everyday Concerns. 877.215.6614

For useful information and resources to address a wide range of needs and interests, visit us online at [www.wseap.com](http://www.wseap.com).

**Visit the Workplace Solutions portal today to view all resources available.**

**We're committed to helping you navigate life's transitions, no matter how big or small.**

EMPLOYEE SERVICES

Enter access code

Log In

HR PROFESSIONAL

Enter access code

Log In

## **WORK-LIFE & LEGAL-FINANCIAL**

Contact us for any concerns, or access hundreds of articles and resources with the click of a button.

## **WEBINARS**

Access a full library of webinars available 24/7 on a wide range of topics.

## **LIFESPEAK ON DEMAND**

Instant access to expert advice on health, wellness, and professional development topics anywhere, anytime. *Ask the Expert* — Sign up for monthly chats with experts and get your questions answered live!

## **CONFIDENTIALITY**

Your confidentiality is protected according to rules established by federal and state law and professional ethical standards. With very limited exceptions, disclosure of information to any source without prior written consent is prohibited.

## **24/7 ACCESS**

Professional guidance and support is available 24 hours a day, 7 days a week by calling our toll-free number at 877.215.6614.

## **ELIGIBILITY**

Employees, dependents and household members can contact us directly for a wide range of supportive services.

## **COST**

There is no cost to you, your eligible family or household members. If referrals are made outside of the EAP, some of the cost may be covered by your medical plan.