

## We All Have "Life Problems"

...legal, financial and emotional... that leave us uncertain. Sometimes we are able to solve these problems ourselves, especially if they are simple. Often we need the help of an experienced professional. Now comes more uncertainty. Where do you turn for help? Who can you trust? How much will it cost?

**Your employer has provided a FREE, CONFIDENTIAL benefit to help you during those uncertain times.**

EAP Network is here to help you when life presents problems. We have been helping employees and those they love for decades and with successful outcomes. But we know you have more questions about EAP, so here we answer some common questions.

## What is an Employee Assistance Program?

EAP Network, your employee assistance program (EAP), provides you and your loved ones with counseling or consultations to help you with "life problems" whether they are legal, financial or emotional.

Always completely confidential, your EAP is available 24 hours a day, 7 days a week. Your employer has put this program in place for the health and well being of each and every employee. Neither your employer nor co-workers will know of your request for help.

## How Does It Work?

By calling EAP Network at:

**1-800-333-6624**

anytime day or night, you or a family member can speak in confidence with a trained professional about any personal issue and arrange to meet with a counselor face to face. Your "family" can be anyone you decide needs help. Your loved one will get the same benefit, same professional service and can call on his/her own. No special ID's or numbers are needed... just a call.

## Who Will Be Helping Me?

The professionals who are part of EAP Network are licensed and degreed. They are among the most experienced in their field. The lawyers, therapists or financial planners you will meet with are located close to your work or home.

For legal problems, a face to face legal consultation with a qualified lawyer is provided at no cost and with no obligation. For financial help, a meeting with an adviser is arranged. Whether you need help to get out of debt or start a savings plan, the financial planning is personalized and free. If an emotional problem has you or a family member confused, our counselors can provide free, short term counseling. In many cases, that is all that is needed. If more counseling is necessary, your full insurance benefit is available for you to continue with your current counselor or another of your choice.

## No Conflict of Interest

Rest assured that any recommendations made to you by EAP Network staff are with your best interests in mind. Your employer pays an annual, fixed fee for this benefit and EAP Network receives no money for any referral it makes. Our only obligation is to provide you with the best help available.



## What Are "Life Problems"?

Life problems affect our personal lives and can affect our job performance. Among typical problems EAP Network can help you or a loved one with include:

- marital problems
- family problems
- couples conflict
- alcohol and other drug issues
- legal concerns
- financial issues
- problems with children
- problems with parents
- aging issues
- child care issues
- stress
- mental illness
- depression
- grief
- anxiety
- crisis intervention
- workplace crisis
- traumatic events
- domestic violence
- smoking cessation
- health or weight concerns
- gender problems  
(partial list)

## Employees

...in their own words...

*"I was desperate when I called EAP Network and an appointment was arranged the next day. It was a huge relief."*

*"I would recommend EAP Network to anyone."*

*"After my divorce I thought everything would be better, but it got worse. Money problems mounted, the kids acted up and their school work suffered. I called EAP Network and now have a clear financial plan. They also helped me, and family counseling has improved things for me and the kids."*

*"I called EAP Network for legal help. They were right here when I needed them."*



**For Confidential  
Assistance Call:**

**EAP Network**

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[www.eapnetwork.com](http://www.eapnetwork.com)



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Has Provided This  
Employee Assistance Program**