



## Making Life a Little Easier

When life's challenges come your way, your Employee Assistance Program (EAP) can help. The EAP provides confidential information, guidance and support to help you reach your personal and professional goals, manage your busy schedule and bounce back from hardships. You and your immediate family members can call any time, 24 hours a day, seven days a week.

EAP counselors are licensed, highly trained professionals who are committed to making your life easier. The service is confidential and available at no charge to you.

### HOW THE EAP HELPS

What do *you* want to achieve?

The EAP can support you with:

- Marriage and relationship issues
- Stress management
- Financial planning, for example, family budgeting, debt consolidation and saving for retirement
- Depression and anxiety
- Living with someone who abuses drugs or alcohol
- Personal goals such as weight loss and quitting smoking
- Finding care for an aging parent
- Legal concerns
- Conflict resolution at home or on the job
- Adjusting to life events such as divorce or the birth of a child
- Finding work/life balance
- Building fulfilling relationships
- Living healthier

- Achieving professional goals
- Grief and loss
- Estate planning
- Parenting skills
- Learning to be more assertive
- Recovering from adversity
- Improving your self-esteem
- Feelings of loneliness

### ONLINE INFORMATION AND RESOURCES

Visit the Achieve Solutions website to locate service providers in your area and to access thousands of articles, videos, audio files, and quizzes to help make your life easier.

Site topics include:

- Marriage
- Divorce
- Depression
- Stress
- Managing Emotions
- Substance Use Disorder Treatment and Recovery
- Parenting
- Working With Others
- Debt and Credit
- Financial Planning