

Achieve Personal Success With Your Employee Assistance Program

ACHIEVE THE RESULTS YOU WANT—AS A PARENT, CHILD, SPOUSE, PARTNER, FRIEND OR EMPLOYEE.

- **Talk it out** with a knowledgeable, caring professional in confidence.
- **Connect** with resources.
- **Gain a new perspective**, strategy, information or solution.

Your employee assistance program (EAP) can help you deal with personal challenges that could affect your health, your relationships or your job effectiveness. The program is professional, confidential and free.

Your Employee Assistance Program (EAP) Resources, Referral and Counseling Services for personal success:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Professional success



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The EAP upholds strict confidentiality standards. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents the EAP with a legal obligation to release information.

(800) 662-7241

**To access Achieve Solutions®, go to:
www.myachieve.com**

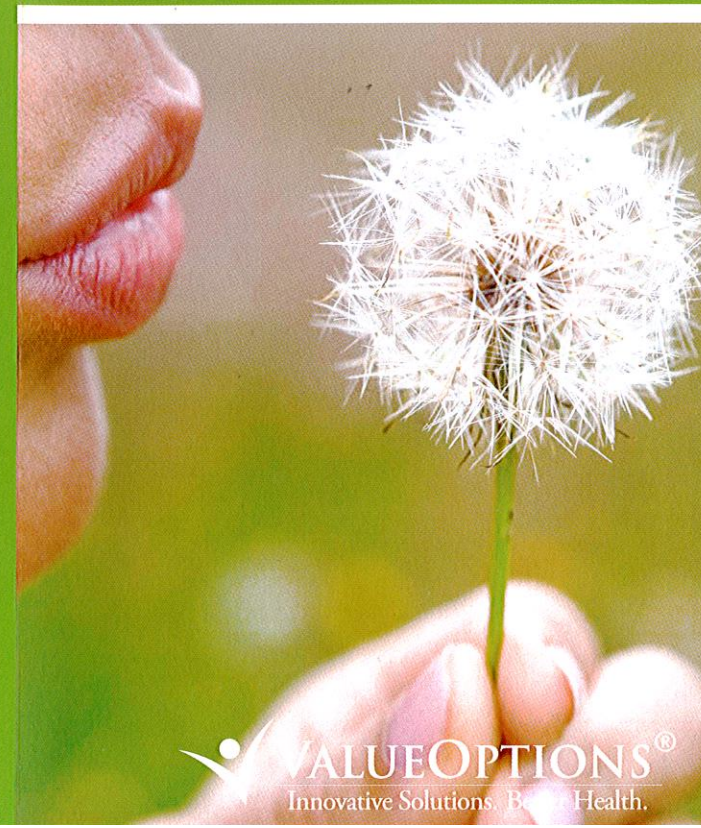
This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions® services do not replace regular medical care. In an emergency, seek help immediately.

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EMPLOYEE ASSISTANCE PROGRAM

Help with life's personal challenges at work and at home.

OFFERING CONFIDENTIAL COUNSELING, EDUCATION AND REFERRAL



Help Anytime, Anywhere

Whether the issue is large or small, simply call the toll-free number on this brochure, any time of day or night. A professional will work with you to design solutions that suit you. We have helped people achieve:

- Work/life balance
- Fulfilling relationships
- Healthy living
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- Financial stability
- Sound mental health
- Professional success

You can meet with someone in person or over the phone. You also can explore our award-winning Web site, Achieve Solutions®, accessible at www.myachieve.com, for up-to-date information and interactive tools on 200 topics including depression, stress and alcohol.

EAP PROFESSIONALS

EAP Counselors are **master's-level clinical professional who will listen, help sort things out** and collaborate with you to come up with a workable plan of action. Your EAP counselor may continue to work with you directly, or may refer you to another professional in your community for counseling, resources or specialized treatment. If you choose, your counselor will research the most appropriate options and if extended services are covered under your health plan.

Your Employee Assistance Program Services

HERE ARE JUST A FEW OF THE MANY EAP SERVICES THAT MAY BE AVAILABLE TO YOU AND YOUR FAMILY:

- **GUIDANCE ON LEGAL AND FINANCIAL CHALLENGES**, including divorce, domestic violence, estate planning, mortgage issues and family budgeting. When appropriate, your EAP counselor can refer you to a carefully screened attorney or financial counselor in your community.
- **WORK/LIFE SERVICES**, such as information and referrals for child care, parenting, health and wellness, adult care and academic service providers in your area.

For a complete list of the employee assistance services covered through your EAP, contact the toll free number below:

(800) 662-7241

Workplace Challenges

Just as your EAP can help you with personal challenges, managers can also get the support they need to help make your workplace a healthy and positive environment. Managers can receive one-on-one confidential information, resources, expert advice and counsel on a variety of workplace challenges, including:

- Absence
- Aggression and violence
- Alcohol and drug abuse
- Workplace traumatic events
- Change and transition

CONTACT YOUR EAP FOR CONFIDENTIAL COUNSELING AND ASSISTANCE ANY TIME!

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www.myachieve.com



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You or your family members can get help with resources, referrals and counseling—24 hours a day.

