



20 ways to use your Employee Assistance Program (EAP)

You've got a lot on your plate. Sometimes it can feel like you have to do it all, all by yourself. But you're not alone.

We're here for small issues, big problems and everything in between. Check out this list of reasons why people often contact us.

We can help you and your family members with:

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| 1. Managing stress | 8. Managing anger | 15. Caring for elderly family members |
| 2. Parenting | 9. Being assertive | 16. Meeting your goals |
| 3. Building closer relationships | 10. Recognizing drug and alcohol issues | 17. Improving your happiness |
| 4. Coping with anxiety and depression | 11. Coping with substance misuse | 18. Managing your financial stress |
| 5. Dealing with illness | 12. Balancing life and work | 19. Getting out of your comfort zone |
| 6. Communicating with others | 13. Feeling overwhelmed | 20. Getting the life you want |
| 7. Growing your confidence | 14. Grieving a loss | |

You can call us for free assistance 24/7/365.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.