Employee Assistance Program (EAP)

Aetna Resources for Living

You and your household members can get support over the phone with personal and workplace challenges 24/7 – with no cost to you. You'll also have access to three free face-to-face televideo sessions per year with a master's level therapist.

Emotional support to help with all aspects of life, including:

- Relationships
- Emotional well-being
- Work or family stress/anxiety
- Alcohol or other drug misuse
- Depression

- Personal & life improvement
- Childcare
- Elder care
- Grief & loss
- Legal or financial topics

Call counselors anytime – day or night: 1-866-326-7172

www.resourcesforliving.com

Username: SGEAP

Password: EAP

Employee Assistance Program & Work/Life Balance

Unum's EAP services are available to all eligible employees, their spouses or domestic partners, dependent children, parents and parents-in-law

Phone Support: 1-800-854-1446

Online Support: www.unum.com/lifebalance

In-Person: Up to 3 visits, available at no additional cost to you with a Licensed Professional Counselor

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more

WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more