

## PERSONAL AND PROFESSIONAL ASSISTANCE FOR ISSUES LARGE AND SMALL

### Counseling Services

You receive 3 confidential in-person counseling sessions.

- Manage anxiety or depression
- Address parenting and family issues
- Resolve relationship conflict
- Adjust to demands at work
- Talk about a loved one's drinking
- Assess your level of stress
- Become a better communicator
- Improve relationships with co-workers



### Information and Referrals

We will help:

- Locate a child care provider
- Find an assisted living program
- Search for the right educational program
- Provide information on support groups
- Research a medical or mental health condition



### Financial Services

You receive one free 30-minute consultation per financial issue.

- Tax Advice
- Credit Card Debt
- Financial Planning
- College Planning
- Retirement Consultation



### Legal Services

You receive one free 30-minute consultation per legal matter; does not include job-related legal issues.

- Divorce
- Child custody
- Car accidents
- Real estate/landlord/tenant issues



**Available to employees  
and household members  
24 hours a day, 7 days a week**

**800.451.1834**

