

# Employee Assistance Program

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# General Flyer

# Self-Help Resources

*A vital benefit to help with  
everyday issues!*

Access 25,000+ trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

## Other topics include:

- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

**More benefits, higher satisfaction.**



Scan with Your  
Device to Explore  
Your EAP Benefits!



1-800-252-4555



[www.theEAP.com](http://www.theEAP.com)

Check in often for fresh content: Legal articles from NOLO • Health topics from Krames Staywell • New monthly trainings and featured Webinars • Articles on timely issues, plus useful Resource Centers, including:

▶ **CONNECTIONS/WORK-LIFE**

Caregiver and elder care support, disability support, family life, and interpersonal relationships.

▶ **LIFESTYLE SAVINGS BENEFIT**

Discounts, rewards and perks on brand-name goods and services.

▶ **TRAINING CENTER**

An extensive library of personal and professional development trainings in user-friendly formats. Plus, new Learning Centers & Training Bites.

▶ **EMOTIONAL WELLBEING**

Assess your overall emotional wellbeing with screenings for depression, anxiety, substance abuse, and more.

▶ **WELLNESS CENTER & PHYSICAL HEALTH**

Information on health conditions and illnesses, plus tools on dieting, nutrition, stress, smoking cessation, and physical fitness.

▶ **PERSONAL FINANCE & EDUCATION**

Financial calculators, budgeting, investing, debt management, and other tools.

▶ **LEGAL**

Will templates, forms, contracts, and information from NOLO on consumer rights, landlord-tenant issues, real estate, family law, and other legal topics.



**IT'S EASY TO  
ACCESS SELF-HELP  
RESOURCES!**

1. Go to [www.theEAP.com](http://www.theEAP.com) and click the **Employee and Family login** button.
2. If you've already created a User Name and Password, simply log in.
3. If this is your first visit, click **REGISTER** and fill out the form to create your User Name and Password.

**\* You only need to register once.**



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[www.theEAP.com](http://www.theEAP.com)





# Coaching Flyer

## Your EAP Benefits: *One-on-One Personal & Professional Coaching*

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

### Coaching is available in the following areas:

- ✓ **Certified Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

### Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.



**To access a Coach**, simply call 800.252.4555 and ask to speak to a Coach.



**To access online support resources**, simply login at [www.theEAP.com](http://www.theEAP.com).



TotalCare EAP  
Public Safety EAP  
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HealthCare EAP  
Union AP

800.252.4555

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