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

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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** 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.**

TotalCare EAP
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