



LIFESTYLE EAP  
Wellness at Work



## Face-to-Face Counseling Services

Lifestyle EAP offers employees and their family members the opportunity to see experienced clinicians for assessment and face-to-face short-term solution focused counseling sessions. When long-term treatment is indicated, appropriate referrals are provided. Our clinicians are experienced in a variety of specialties including, but not limited to:

- Substance Abuse
- Stress
- Anxiety
- Depression
- Family Issues
- Grief/Bereavement
- Work/Life Balance
- Marital/Relationship

Lifestyle EAP Services are free, confidential & available to both employees and their family members.

Contact us today at 1-800-989-3277 or [www.lifestyleeap.com](http://www.lifestyleeap.com)