Empowering employees to lead happier, healthier lives.

At Lifestyle Employee Assistance Program we understand that everyone is affected by life-changing issues. As an employer-sponsored service, Lifestyle EAP provides confidential counseling and a broad range of services to help guide you and your family toward better health, wellness and life balance.

Face-to-face and virtual counseling sessions are available to provide a confidential assessment, short-term solution focused counseling, referral assistance, and support when experiencing life changing events such as substance abuse, family or marital concerns, psychological or emotional upset, financial or legal problems. Lifestyle EAP offers 24/7/365 phone support from licensed mental health professionals through our EAP line at 800.989.3277.

Lifestyle EAP offers:

- 24/7/365 telephonic support from licensed mental health professionals
- Solution-focused counseling
- Management tools and consultations
- Eldercare resources and referrals
- Childcare resources and referrals
- Identity Theft Recovery and Prevention
- Legal consultations
- Financial consultations
- Interactive website
- Critical Incident Stress Management
- Wellness Seminars

Call Lifestyle EAP at 800.989.3277 or Visit www.lifestyleeap.com