



Lifestyle EAP Wellness at Work

Employee Assistance Program

Empowering Employees to Lead Happier, Healthier Lives

At Lifestyle EAP 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 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.**

The Lifestyle Employee Assistance Program offers:

- 800.989.3277 telephonic support is available 24/7/365 from licensed mental health professionals
- Face-to-face counseling sessions
- Manager Consultations
- Eldercare resources and referrals
- Childcare resources and referrals
- Identity Theft Recovery and Prevention
- Legal and Financial Consultations
- www.lifestyleeap.com
- Critical Incident Stress Management (on-site counseling; grief groups; trauma debriefings)
- Wellness Programs
- Management Trainings

For more information, call Lifestyle EAP today at 800.989.3277 or visit www.lifestyleEAP.com