



# EMPLOYEE SUPPORT

Your employee assistance program provides you with

## IMMEDIATE AND CONFIDENTIAL HELP

for a broad range of work, health or life concerns. We're available anytime and anywhere. Let us help.

There is no cost to use the Employee Assistance Program. This benefit is provided to you by your employer, and can include a series of sessions with a professional.

Employees are entitled to 5 free sessions per issue.

**FOR MORE INFORMATION,  
VISIT OUR WEBSITE**



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**SUPPORT WELLBEING**  
Stress, mental health concerns, grief and loss, crisis situations.
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**MANAGE RELATIONSHIPS AND FAMILY**  
Communication, separation/divorce, parenting.
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**DEAL WITH WORKPLACE CHALLENGES**  
Stress, performance, work-life balance.
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**FIND CHILD AND ELDER CARE RESOURCES**  
Child care, schooling, nursing/retirement homes.
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**GET LEGAL ADVICE**  
Family law, separation/divorce, custody.
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**FINANCIAL HELPLINE SUPPORT**  
Debt management, bankruptcy, retirement.