TO HELP YOU IN WORK AND IN LIFE.

our work and our lives. dealing with issues that can dramatically affect difficult situations at times and need help in We're all human. All of us go through

with a proven track record of helping people and companies like ours for decades. independent and highly innovative company That's why we've partnered with Espyr, an We care about every employee's whole health.

## JGRAM

No-Cost, Confidential Counseling and Work-Life Services

espyr.com | 800-869-0276 | 24/7 Access



## SOLUTIONS THAT MAXIMIZE HUMAN POTENTIAL

- Life Adjustments Relationship Issues
- Financial Matters

Substance Abuse Work Problems Emotional Issues

> Stress

- Eldercare Resources Legal Issues
- Childcare Referral

Marital/Family Concerns

- DOWNLOAD THE ESPYR APP

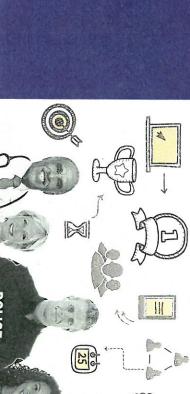
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PROGRAM







X

support at espyr.com. 24/7. You can also confidentially request It's easy. Just call 1-800-869-0276 anytime,





## PROGRAM (EAP)? WHAT IS AN EMPLOYEE ASSISTANCE

and their families. All these resources are confidential protessional counseling and consultation for our employees face. Espyr has customized an assistance program offering resources to provide advice for the many life issues we all work or personal problem. It's trained, knowledgeable An EAP is professional help when you need it to solve a

Espyr offers assessment, counseling and referral services to the most appropriate and affordable resources. you. If additional assistance is needed, you will be referred develop a plan of action to create solutions that work for to identify and clarify your concerns, explore options and for a wide range of issues. Their professionals will help you

# WHO PROVIDES THESE SERVICES:

in a variety of disciplines network of over 45,000 licensed and certified counselors organizations maximize their potential. Espyr employs a Espyr is a company with a mission to help people and

- Afforneys
- Financial Advisors
- Eldercare Specialists
- Childcare Specialists
- Professional Counselors
- Clinical Social Workers
- Alcohol and Drug Counselors
- Marriage and Family Therapists
- **Psychologists**

all kinds of common life challenges. You can find expert find new resources and take valuable self-screenings advice on a wide range of topics, gather information, Espyr also offers extensive online resources to help with

Visit espyr.com anytime to learn more.

DOWNLOAD THE ESPYR APP DANGE IN COLUMN

### WHAT SORT OF HELP ARE WE TALKING ABOUT?

where you may need professional advice or guidance. Espyr is an invaluable resource for personal life issues

- Legal Advice and Services
- **Financial Counseling**
- Childcare Resources and Referrals
- Eldercare Consultation, Resources and Referrals
- Online Legal and Financial Library
- Academic Resources for your children (or you) on a variety of educational issues
- Adoption Resources needed to facilitate an adoption
- **ID Theft Recovery**
- Pet Care Services and Referrals
- **Relocation Resources**
- Concierge Services

counselors are available to help you with: Plus, here's a range of the issues experienced

- Life Adjustments
- Crisis Situations
- Family, Marital or Relationship Problems
- **Alcohol and Drug Issues**
- **Work Related Difficulties**
- Psychiatric Issues
- **Emotional Concerns**
- **Medical Problems**

# IS COUNSELING REALLY CONFIDENTIAL?

to discuss confidentiality issues with you. within the bounds of the law. Your counselor will be glad Yes. Counseling sessions are completely confidential,

# WHAT DOES THIS COST ME?

or covered by insurance. will assist you in finding providers that are most affordable be responsible for the cost of those services. Your counselo specialist for services beyond the EAP's coverage you may members. If a counselor should refer you to an outside Espyr free of charge for you and any dependent family Nothing. We have arranged for these services through

## TO THE EAP? CAN SUPERVISORS REFER EMPLOYEES

unless the employee gives written consent otherwise performance problem. Everything discussed between an employee contact the EAP when there is a work Occasionally, a supervisor may recommend that the counselor and employee is strictly confidential,

## SOLUTIONS THAT MAXIMIZE HUMAN POTENTIAL

Life Adjustments

Emotional Issues

Work Problems

Substance Abuse

- Relationship Issues
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- > Stress
- Marital/Family Concerns

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