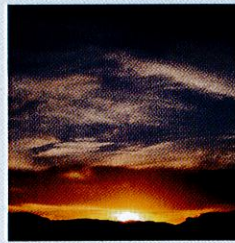


*We will provide a professional assessment, short-term counseling, referral if needed. It is confidential and free. Also available for live-in family members.*



*For professional and confidential assistance call:  
704-500-9899*



*LIFE SYSTEMS  
SOLUTIONS*

*Work-Life-EAP Services*

*Call us today! Seeking help is a courageous step investing in yourself, your career, and your quality of life.*

*Life Systems Solutions, PLLC  
P.O. Box 5031  
 Mooresville, NC 28117*

*The Employee Assistance Program is your resource for personal and workplace problems.*

## Employee Assistance Program:

It is tough balancing full time work and a personal life. Your employer understands and provides an EAP. It is designed to help you deal with personal problems and it is also available to live in family members (including college age children). There is no cost to you.

### How can your EAP help?

- Relationship Issues
- Work related stress and conflict
- Drugs/Alcohol problems
- Grief and loss
- Aging parent or troubled teen/child
- Anxiety and depression
- Financial Stress

Seeking help is a courageous step in the right direction.

## What is Confidentiality?

It is your decision to take advantage of this service, although sometimes a supervisor may suggest you call. Either way, all records and services are treated with the utmost confidentiality following the HIPAA privacy rule. Your employer has elected our service because we are independent and located off site from your work environment. High Quality Service.... Licensed professional clinicians providing your assessment and EAP services that are recommended.



Your decision is an investment in yourself, your career, and your quality of life.

## How do I make an appointment and is there a cost?

Just call us at 704-500-9899. We will schedule you or your family member for a face to face counseling session. Convenient appointment times are available to accommodate your schedule. This will include some evening appointment times. Sessions are usually 1 hour in length.

Your employer offers the service so there is no cost to you to utilize your EAP. You do not pay for any call or visits to the EAP. If you need help beyond the scope of our services (long term) you may be referred to a community resource or a provider covered under your medical benefits.

Call 704-500-9899